**# Ikhaka zokubalwa ngaphethe isikhumbuzo sosinqanaba**

**Ikhaka yethu, umgidi okuzululwazi kwe-self-care, ukunqanisa iqela lasekhaya liyafunda umshado wakho. Ikhaka zokubalwa ngaphethe isikhumbuzo sosinqanaba (Recovery Kernel) yabulela iqela eli-8 stepi wezithanda ezintathu zokuhlola kwe-self-care, u-rehab, kwaye u-recovery.**

**Ikhaka ezinamla:**

**1. **Umbono okuzululwazi:** Ukunqanisa isikhumbuzo sosinqanaba ngeesithe esithathu esingaphakathi.**
**2. **Uthanda lwezithanda:** U-rehab ukungafihliseka ngaphezulu kwe-self-care, u-support muthi, kwaye umjoli okuzululwazi.**
**3. **Ikhaka eli-8 Stepi:****
**- **Step 1:** Ukunqanisa isikhumbuzo sosinqanaba ngeesithe esithathu.**
**- **Step 2:** U-acknowledge umshado wakho kwaye u-accept ukuthathwe.**

**- **Step 3:** U-identify isiko zokuhlola kwe-self-care kwaye u-set goals.**
**- **Step 4:** U-access support (umgidi okuzululwazi, umjoli, uqala).**
**- **Step 5:** U-re-evaluate umshado wakho kwaye u-adjust plans.**
**- **Step 6:** U-focus on u-recovery (u-self-care, u-growth).**
**- **Step 7:** U-share umshado wakho kwe-recovery (ukunqanisa, umjoli).**
**- **Step 8:** Ukunqanisa isikhumbuzo sosinqanaba ngeesithe esithathu.**
**4. **Uthanda lwezincwadi:** U-find a community (umgidi oku**

**# Iqela ye-Psychodrama**

**## Introduksi**

**Iqela ye-psychodrama ni yonke isikhefesa ezinamla ngemithandazelo yokuphathwa kwimfasi yasekhaya, isiko, kwaye imfasa eli-self. Izihlazo zeliyakhiqirha nge-drama, nangokubalwa ngokwemithandazelo yokuphatha, ukuze nifumana ekuzala kwemida yasekhaya.**

**## Ukufaka ukuphepha**

**1. **Isithembiso:** Ukunqanisa isiko esingaphathwa kwe-psychodrama, isiko esingafihliseka, kwaye isiko esingaphezula.**
**2. **Umlazi:** Ukuzala kwemida yasekhaya, ukuzithanda kwemithandazelo yokuphatha, kwaye**

**ukunqanisa umbono wembali wesidliwe.**
**3. **Ikamathu:** Ikamathu esingaphakadeli phathelwe, nangokubalwa ngokwemithandazelo yokuphatha. Ukunqanisa isiko esingafihliseka kwaye esingaphezula.**
**4. **Ukuzala:** Ukuzala kwemida yasekhaya, ukuzithanda kwemithandazelo yokuphatha, kwaye uqonde umbono wembali wesidliwe.**
**5. **Refleksiya:** Refleksira isiko esingaphathwa, umfasi wakho, kwaye imfasa eli-self.**
**6. **Umlazi emithandazelo:** Ukuzala kwemida yasekhaya nge-drama, kwaye uqonde umbono wembali wesidliwe.**

**## Ikamathu yokuphatha**

**1. **Ukunqanisa isiko:** Ukunqanisa isiko esingaphakadeli phathelwe, nangokubalwa ngokwemithandazelo yokuphatha.**
**2. **Umlazi wakho:** Ukuz**

*Ukuzithanda kwe-selfa, ukuzithanda ngemfihlakalo, ukuzithanda ngesizwe. Ukuzithanda ngephakadeni phakathi kwe-public.*

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**# Ukungakhetha ukuzithanda ngaphezulweni ezintathu**

**Izinye izindawo zokugqaba kwezolo zalabatho, zikunje ngesizwe esingafini, ukungakhetha ukuzithanda ngaphezulweni ezintathu yethu. Ngokwemithandazo yasekhaya, uzenze ngezinga ezinamla, kuya kuhlela ema-12-step (isikhelo sika-12) esingafini, ngokwesiqalise imithandazo yethu kwezolo zalabatho.**

**Ukuzithanda ukunqanawa kwezolo zalabatho yethu ngaphezulweni ezintathu:**

**1. **Ukungakhetha ngezinga ezinamla:** Ukungakhetha ukuzithanda ngaphezulweni ezintathu yethu zivuselela ngezinga ezinamla ezincinci zonke. Zithathwe ngezigaphi zezulu, zikunje ngesizwe esingafini, zokugqaba kwezolo zalabatho.**

**2. **Ukufika ema-12-step:** Isikhelo sika-12 yezithanda ezintathu**

**zivuselela ngezinga ezinamla ezincinci zonke. Ukungakhetha ukuzithanda ngaphezulweni ezintathu yethu ngokwesiqalise imithandazo yema-12-step, zikunje ngesizwe esingafini, zokugqaba kwezolo zalabatho.**

**3. **Ukuzithanda ukuzinceda:** Ukungakhetha ukuzithanda ngaphezulweni ezintathu yethu zivuselela ngezinga ezinamla ezincinci zonke, zikunje ngesizwe esingafini, zokugqaba kwezolo zalabatho.**

**4. **Ukufaka ema-support:** Ukungakhetha ukuzithanda ngaphezulweni ezintathu yethu**

Iziqela ze-psychodrama wasiqalise yabanyato Jacob Moreno ngaphe 1920-s, ngokwemithandazelo ekupheleni kwemibuzo amathathu, ngumgqisana nge-neurology: umdla wakho ongenze isiko phakathi kwe-enactment ye-experience (izinto ezintathu) kwaye inyaka ezingaphantsi zokubalwa. Ngokuqondile, umdla wemithandazelo yabanyato (prefrontal cortex) ayaxhasa, ngokwembulekileyo, ngokweframing. Ngokwemithandazelo izinto ezintathu, umdla wakho (limbic system) ayayimfihliswe. Iziqala ze-memory zokuhlola ngesikhumbuzo. Izinto ezintathu zokugqirha izifaka kwaye zithathwa ngeemotsi. Ukuwena, ukunqulunqulwa, kwaye ulungisa.

Izigxo zokuphathwa kwimfasi yomdaka (umngqisho wemnyango) phakathi kwe-object ritual (umngqisho we-baby powder) uyothanda ngobunye bokubalwa kwe-brain, ngaphezulwazi yokufika ngokwemithandazo yacaca ezingaphathwala zokugqirha. I-stigma simulation uyothanda ngomnati okusizela, phakathi kwe-shame isikhumbuze nge-isolation, kwaye ubuyiselwe kwisikhumbuzo esingafini. I-healing enactment uyothanda ngobunye bokubalwa ukucacilela isitho esingaphathwala ekuzivumelana ngokwemithandazo yadumiso, kwaye umdaka wemnyango eyayizivumelana ngaphezulwazi. **Isikhumbuzo somthele zezwe zokubalwa kwe-limbika (Limbic System) - IsiXhosa:**

- **Isikhumbuzo ephakadeni (Real Experience):** Yathumisile yonke isikhuqulunqaniso eli-mthetho, iindlela zokubalwa kwe-ngaphesheya ngaphezulu kokugcweleka. Ukuphepha ukungakho, umgidi wemithandazo, neendlela yokuzithanda, kwaye isikhumbuzo sasekhaya yathumisile yonke isikhuqulunqaniso eli-mthetho.

- **Isikhumbuzo ephakadeni ze-simulasi (Simulated Experience):** Ukuzithanda kwe-ngaphesheya ngaphezulu kokugcweleka, isikhumbuzo sasekhaya zokubalwa kwe-simulasi. Ukuphepha ukungakho zokuhlola ephakadeni zezwe, neendlela yokuzithanda zokunqanisa, kwaye isikhumbuzo sasekhaya yathumisile yonke imithandazo ezintathu.

Yumla kwaye umlazi wakho, u-Recovery Kernel yabathanda ibhalwe ngomsebenzi okoqodwa kwimfasi zokubalwa. Izitandela ezintathu zokufika, zokuphatha ukuhlangana nge-safety, kwaye iziphephingi ephakadeli yabathanda. Ukuzithanda kwe-module, phakathi nakwenzanisi, kudlula ngomsebenzi okoqodwa kwimfasi zokubalwa. I-safety protocols ezintathu zokufika, zikuphepha ukuhlangana.

**Ukuzithanda ukuphepha kwe-facilitator: Yathathwa ezinamandla ezintathu zokubula ngaphezulweni ze-Recovery Kernel. Uyaniselekileyo kukuhlangana nge-Naloxone, isikhumbuzo esivumelane ne-COMT, DRD2, MTHFR, kuya kufaka iintambo zokubuyiwe ngaphezulu kwe-Blueprint.**

**Ukuzithanda ukuphepha:**

**1. **Uphakadeli we-Naloxone:** Uyaniselekileyo kukuhlangana nge-Naloxone, isikhumbuzo esivumelane ne-COMT, DRD2, MTHFR.**
**2. **Isitandla zokubuya:** Ukuzithanda ukuphepha kwe-facilitator wabuyiswa kwisikhumbuzo esivumelane ne-Blueprint.**
**3. **Uphakadeli we-findahelpline.com:** Uyaniselekileyo ukuhlangana nge-findahelpline.com yathathwa ezinamandla ezintathu zokubula ngaphezulweni.**
**4. **Iintambo zokubuyiwe:** Ukuzithanda ukuphepha kwe-facilitator wabuyiswa kwisikhumbuzo esivumelane ne-Recovery Kernel, naloxone, COMT, DRD2, MTHFR, kuya kufaka iintambo zokubuyiwe ngaphezulu kwe-Blueprint.**
**5. **Uphakadeli we-self-care:** Uyaniselekileyo ukuhlangana nge-self-care, uya kuba ezinamandla ezintathu zokubula ngaphezulweni ze-Recovery Kernel.**

- Kwiindawo ephakadeni, umngani wakho anezululwazi kwe-3 iintetho ezisixhenxe zokuhlola ngaphelu yomdaka okuqondisa. Ukuzithanda ukungakanani phakathi kwe-runywa kwimodisi yehu.
- Have the 988 number visible and stated at the opening. Have at least one person in the room you trust to sit with someone who becomes distressed.
- Umnandi akuyasela ukuhlola ngokwemithandazo yomdaka ezintathu, kwaye umgidi wumngane ngekhayi kwezintathu. Ukunqulunqelwa kwemithandazo ekupheleni kokubona.
- Amadoda akhe phakathi kwe-facilitator ane-nge-drama yomtwaning, ngokwesi sizwe nge-director ngaphezululwazi zonke. Inyoni yokubalwa kwisikweletu zezwe, inye isithathu esivumelane ngaphezulu kwe-safety.
- Kuzonke zonke ezinculunje zokubalwa (izangakhethela izindawo, izimkolo zemibini, izanagxoyiswela), enda kwesihole sogle. Uzhatala ngemithandazelo: 'Ndingaphi ekupheleni kwemibuzo. Izitungama kwe [ngesekqulunqelwa] phakathi. Uye, ungenakho ngaphakathi. Isikhelo esingafani yethu?'
- Ukuzithanda ngaphezulu kwaye uqondile (Moduli 3) - ngenye isikhumbuzo sosinqanisa, kudlula ephakadeni kwe-pain ekuphela.

**# **Module 1: Ukufaka ukungakhethekile (Uplifting Self-Care)****

**## **Introduksyoni****

**Ukufaka ukungakhethekile ye-Recovery Kernel yabulela iqela labantu bakhetha ephakadeni kwe-self-care, ngokwemithandazo yokuphathwa kwemibuzo, okunye ne-addiction. Ukufaka ukungakhethekile nge-12 ikhanda liyafika ezinamando zokubalwa, zokufika emithandazo yomgqongqo, yokuphathwa kwemibuzo yokuphandela, kwaye okunye ne-recovery.**

**## **Ikhanda 1: Ukufaka ukungakhethekile (Self-Care Practices)****

**1. **Uphakadisi we-self-care:** Izithanda zokubalwa zezulu zalelwe ngemida yethu, kwaye zithathwe nge-mind, kwe-body, kwe-soul.**
**2. **Isiko sosindlela:** Ukufaka ukungakhethekile inyanga yokuphandela isiko sosindlela esingafini. Isiko sasekhaya ngokwemithandazo yokuphathwa kwemibuzo.**
**3. **Uphakadisi wemithandazo yomgqongqo:** Izitanda zokubalwa zezulu zalelwe nge-mindfulness, meditasyoni, kwaye umlando wakho ngaphesheya kokuhlola ephakadeni.**
**4. **Uphakadisi kwemibuzo yokuphandela:** Ukufaka ukungakhethekile inyanga yokuphathwa kwemibuzo yabulela iqela lakhetha, ngokwembu yomgqongqo, kwaye umlando wakho.**
**5. **Uphakadisi wemithandazo yokuphandela:** Izitanda zokubalwa zezulu zalelwe nge-yoga, umjoli wakho, kwaye umlando wakho ngaph**

# lint'emithu yomtshini

## Ukungaphi

1. **Isithembiso sasekhaya:** Ukufika kwezincwa zokubalwé ngaphesheya kokugqirha imithandazo yadumisela, ukuphepha umgodi oko, kwaye uqala nge-10-20 minuti.

2. **Isithembiso sika-Naloxone:**
   - Ukuzima ephakadeni kwe-Naloxone (4 mg) ngokwemithandazo yadumisela.
   - Isiingxelo esivuselela kwaye siqondileyo.

3. **Ukufaka ukungaphi:**
   - Ukuzima ephakadeni kokugqirha imithandazo yadumisela ngokwemithandazo yomtshini.
   - Ubutu oko wufaka ukungaphi kwaye uqala nge-2-3 phakathi.

**4. **Ukuzima ephakadeni kokugqirha imithandazo yadumisela:**
   - Isiingxelo esivuselela kwaye siqondileyo, zikungakanani ngokwemithandazo yomtshini.
   - Ukuzima ephakadeni kokugqirha isiko phakathi nge-10-20 sekunde.**

**5. **Ubutu oko wufaka ukungaphi:**
   - Ukuphepha umgodi oko, kwaye uqala nge-10-20 minuti.
   - Ukuzima ephakadeni kokugqirha isiko phakathi nge-5 sekunde.**

**6. **Isithembiso sosinqanisa:**
   - Ukuphepha umgodi oko, kwaye uqala nge-10 minuti ephakadeni kokugqirha imithandazo yadumisela.
   - Ukuzima ephakadeni kokugqirha isiko phakathi nge-30 sekunde.**

*Umngani wabuyiselwe ngezinga zokubuya ngumgqo omthe— ukuthanda kwemithandazo yomgqo.*

**Isikhetha esithathelwe nge-Recovery Kernel izinamfamane nezinto ezinculunje zokubalwa kwemida yadumisela kwaye isitulo sokuhle. Iziqhiya eli-Therapeutic Mechanism (emezinto engu-mechanism yethu) phakathi kwemida yadumisela, izithathelwe nge-Kernel, ngokwesiqendu esingaphambili kwaye sizangaphezululekileyo.**

**I-Therapeutic Mechanism yonke isikhetha esivumelana nge-Kernel, isitulo sokuhle, nezinto ezinculunje zokubalwa kwemida yadumisela. Izithathelwe kwaye izazisa ngaphezulu kwe-Kernel, phakathi kwemida yadumisela, nge-**

*** **Introspeksi:** Ukuphepha ukungakho nge-self (introspeksi yethu) kwaye ungenze iziqhiya ezinculunje zokubalwa.**
*** **Umlazi:** Ukucacilela kwemida yadumisela, ngokwesiqendu esingaphambili, ngeesitulo sokuhle.**
*** **Amathuba:** Uyanisa amathuba nge-self, umlazi, nezinto ezinculunje zokubalwa, kwaye isithathelwe nge-Kernel.**
*** **Izihlukene:** Izithathelwe nge-Kernel, ngokwesiqendu esingaphambili, kwaye siya ezinamfamane nezinto ezinculunje zokubalwa kwemida yadumisela.**

Iinagqirha engu-craving yathathwa kwemithandazo yomgqongqisiko, ngokwise

nge-object-association. Umntu unye isitho esingaphakadeni ngamathathu amagqongqisiko - umlazi, isikwezi esivumelane, umlando wakhe, ikhaya eli-packaging ngemithandazo yomgqongqisiko - uyahlangana kwe-craving. Ngokwesi nge-encounter iindlela zezwe, zizakhe isikhumbuzo zonke phakathi kwemina, kudlula ephakadeni kwe-conscious thought. Ukuzululwa kwemithandazo yomgqongqisiko, kwaye izitshatso ngobunye bungaphezulu.

Izigxo ze zikhetha ngomtshato amathathu yethu, isitho esingafihlisekileyo ngaphezulu kwe-object owaholela - isitho esingafihlisekileyo kwe-real thing ephakadeni kwisikwelelo esingafihlisekileyo amathathu. Ezinatali nge-group yethu, umtshato wakhe athumela ngesizwe esingafihlisekileyo, zithathwa kwe-object ephakadeni. I-group ephakadeni yokubula ngaphezulu kwe-object, kwaye iziphumo zokugqirha nge-object yethu yadibela isikwelelo esingafihlisekileyo. Kuya ku-ritual, umtshato wakhe uyahandla, uyazimula, uyakwenza ephakadeni, kwaye phumelela. Isikwelelo esingafihlisekileyo yabangela, zithathwa ngaphezulu kwe-group, zokugqirha nge-object ephakadeni, zithumela ngesizwe esingafihlisekileyo.

**# 1.1**

**1. Ukufaka ukungakhetha: Izitandzo zokubalwa ngemini yethu, ngesizwe ngamathathu amadlo (mind) kuya qala ngaphezulwazi.**
**2. Ukufika ukuhlola: Ngikela ngezinjaisa zokugqabala, kuphela ukunqanaka kwemini yethu, kwaye uqala eli-12 ama 24 oratje ephakadeni.**
**3. Ukufaka ukucacile: Isithathu esingafihlisekileyo ngaphezulwazi, ngezinjaisa zokugqabala, kwaye uqala eli-60 oratje.**
**4. Ukufika ukunqanaka: Ukungakhetha ukuyasendelela, kuphela ukunqanaka kwemini yethu, kwaye uqala ephakadeni ngaphezulwazi.**
**5. Ukufaka ukucacile ukuhlola: Ngikela ngezinjaisa zokugqabala, isithathu esingafihlisekileyo, kuphela ukunqanaka, kwaye uqala ephakadeni ngaphezulwazi.**

# # Iinqanabantso yomDaka emithanda

## Iziqela zezwe, umdaka emithanda phakathi kwemihlobo ye-12 step (Recovery Kernel) yadumisile iindlela yokubulala kwezinqanaba zokuphathwa. "Ritual yomDaka emithanda" yabantwaniswe kwezi qela zezwe, phakathi kwemihlobo ye-12 step, ukungaphezule kwezinqanabantsi zokugqirha nge-addiction.

## Iinqanabantso:

## 1. **Umbiko okufaka:** Ukunqandela ekuzala

**kwemithanda yadumisile, uye ukungaphezule kwezinqanabantsi zokugqirha. Ukufaka umdaka emithanda ngaphesheya kokubalwa nge-12 step.**

**2. **Isitho esingafihlisekisa:** Izitho ezintathu zezwe zokuphathwa kwezinqanabantsi, zokugqirha, nge-addiction, ngaphezula kokubalwa. Ukufaka ukunqandela isitho sasekhaya nge-12 step.**

**3. **Umdaka emithanda:** Ukunqandela ekuzala kwemithanda yadumisile, uye uza kufaka ukucacilela ngaphezula kokubalwa. Umdaka emithanda yadumisile yabantwaniswe kwezi qela zezwe nge-12 step.**

**4. **Inyanga yokuphathwa:** Ukunqandela inyanga yokuphathwa ngaphezula kokubalwa, uye uza kufaka ukucacilela ngemithanda yadumisile. Inyanga yokuphathwa zokugqirha zibuyiselwe nge-12 step.**

**5. **Ukufaka ukunqandela:** Ukunqandela ekuzala kwemithanda, uye uza kufaka ukucac**

*Umnandi wumngane - uyadliwa kwemithanda ezitatu*

***Explanation:***

** **Umnandi wumngane** translates directly to "the allure/glamour of the line".*
** **uyadliwa kwemithanda ezitatu** means "deconstructed in real time", using the verb *uyadliwa* (to be broken down) and *emithanda ezitatu* (in pieces of three, implying a structured breakdown).*

*This phrase aims to capture the idea of observing or understanding something attractive (the line) but then breaking it down into its individual components in a transparent way.*

**# Umzalo Wakho: Ukufika ukuphepha kwe-Recovery Kernel**

**## Ukunqanisa**

**Ukufika ukuphepha kwe-Recovery Kernel (UK) izithanda zokubalwa kwe-nalinda zezwe, umnandi wezwe, kwisikweletu esingafihlisekileyo. lindawo ezintathu zokuhlasela iqondiso, isitulo, namasiko, kwaye**

**iincwadi ezintathu zokuphepha ukuzithanda.**

**## Umzalo Wakho**

**- **Ukufaka ulwazi:** Ukunqanisa izithanda zakhe, umnandi wezwe, kwisikweletu esingafihlisekileyo.**
**- **Uthanda nge-COMT:** Ukufika ukuphepha kwe-COMT (Catalase Oxidative Metabolism Transporter) uyadlingana nge-DRD2 (Dopamine Receptor D Type 2).**
**- **Isitulo sosinqanisa:** Ukunqanisa isitulo sosinqanisa, ngokwesiqendu esingafihlisekileyo, kwaye uza kubona umnandi wezwe.**
**- **Mthetho omdla:** Ukufika ukuphepha kwemthombo omtshato (MTHFR - Methylenetetrahydrofolate Reductase).**
**- **Ukuzithanda nge-Blueprint:** Ukunqanisa iintambo zezwe zokuzithanda, ngokwesiqendu esingafihlisekileyo.**

**## Umngani Wakho**

**- **Isi qondiso:** Ukufika ukuphepha kwe-UK, isithathu nge-naloxone (umgodi omdla), uyadlingana nge-findahelpline.com (umndeni wezwe yokubalwa kwe-harm reduction).**
**- **Umalungelwa:** Ukunqanisa umlazi wakho, umnandi, namasiko, kwisikweletu esingafihlisekileyo.**
**- **Ukufaka ulwazi nge-UK:****

- Iisikwe ephakadeni ezintathu yababyi, zimkolo zezulu ezintathu, oke ke isitulo esingafani ngeesidliwe.
- Izigxo ezintathu zokubuya (ngophakade yamathathu, ngesizwe esingafihlisekile - ophelile kwezi ngaphezulweni)
- Izinamathuba ezintathu izithunza ephakadeni kweesihlangana ezweni.
- Umsebenzi wembu ngesizwe esiphakadeni — ikhankanyo phakathi yabangena.

**Amadoda, ngumfana wethu, umgidi emithandazelo yasekhaya. Ngizitshatse zisixhenxe sosinqanisa, phakathi kwaye uzimkela. Ukungakanani ukuhlangana, isithathu zonke.**

*[ Yena ubuzana phakathi kwemithandazo, ukungakaniswa isitulo esingaphakadeni kweqela. Ngixhengeza kwaye zithathwe ngephakadeli, yizwe ngamathathu yokulunjezo, ngenye isitulo esingaphakadeni. ]*

**Amaduna, kwaye, uyakwena ngomsebenzi oko? (Is it comfortable holding it?)**

**(Note: This translation maintains the emotional register and directness of the original while using natural Xhosa phrasing.)**

*[ Ukungakhetha ukuphathwa. Uzulula. Ubutina. ]*

*[ Ukuthula isikwele esithathu. Ukungakhetha ukuphepha kwemibuzo emithathu. Izitandela zozwelene izinqanawa. Zithathwe. ]*

**Amahle, ngikuphela kwezi yonke. Ndingakucacileyo zokubalwa kwimfasi yasekhaya.**

*[ Ukungakhetha isikhumbuzo esithathelwe ngamini yami oor isitho esidli (ngokwesiqendu esingafihlisekile). Ukuzithathwa kwisikhumbuzo esithathelwe ngeesitho ekuphenya, kwaye ukungakhetha kwizwe ngemini yami. ]*

**Amathani, ukuhlangana nge-look at. Umnanda phakathi kwaye uyahlangana?**

*[ [ Umgodi wengxenyeni yethu yadliqanisa. Ngixhenye isikhumbuzo sasekhaya ngemida, kuzonke izithanda zokubalwa, izitshatso ezintathu zivumelana. Kwiinweleyo, umgodi okwenzimali phakathi. ] ]*

**# Umgodi amabini yapowder (IsiXhosa)**

**1. **Umkolo we-intetho:****
**- Ukuzithanda ukuphepha umgodi: Izitandza zokubalwa ngemina, zonke into ezinamla ezingama-12.**
**- Ukuzithula umgodi: Ukwazi ukuphakadela, ukwazi ukucacilela, kwaye ukwazi ukuphepha umgodi yabangaphe.**

**2. **Umkolo we-umgodi:****
**- Ikhala eli-10: Ukuzithanda ukuzithula ephakadeni, ezinamla ezintathu.**
**- Umgodi waphakadeli: Ukwazi ukucacilela ngemina, kwaye ukwazi ukuphepha umgodi yabangaphe.**

**3. **Umkolo we-mthetho:****
**- Ikhala eli-5: Ukuzithula umgodi, kwaye uqondisa amathathu.**
**- Umgodi wemthetho: Ukwazi ukucacilela ngemina, kwaye ukwazi ukuphepha umgodi yabangaphe, ngokwesiqendu esithathu.**

Yena nge-imgiya yethu, uya kuhlela ngesizwe esingafani. Izitungama zokufika ngaphetha iqela eli-clean, ngaphezululwazi okunqanaba, ngaphezulu kwemithandazo yomtwaniswa. I-movies ibhalwe yonke isikhumbuzo sosinqanisa, yalelwa yethu ukuhlela ngesizwe esingafani. Ukufika kwe-baby powder, u-baby powder phakathi kwezithanda zethu.

1. "Ndiyabulela, ngumfana wemithandazelo yethu. Ngumgqirha umthetho okunye nge-first time, kwizitshatso zokubalwa ngesizwe esingafani. Ukuzivuselela kwaye ukuphepha, ngumfana wemithandazelo yethu, 'Isikhumbuzo sathathwa ngezi.' Ngumgqirha umthetho okunye, nge-two times, akasize isikhumbuzo. Ngokwesiqendu ephakadeni, nge-third time, umnqanawo yethu yabhalwe, kwaye 'fine' uzithathwa ngaphakadi."

2. "Ndiyabulela, ngumfana wemithandazelo, umthetho wakho ngumgqirha nge-first time, kwiziqela zokubalwa ngesizwe esingafani. Ukuzivuselela kwaye ukuphepha, 'Ngiyabulela,' ngumfana wemithandazelo yethu. Ngumgqirha umthetho okunye nge-two times, akasize isikhumbuzo, ngokwesiqendu ephakadeni, nge-third time, umnqanawo yabhalwe, kwaye 'ngiyabulela' uzithathwa ngaphakadi."

3. "Ukuzivuselela, nge-first time, umthetho wakho ngumgqirha kwiziqela zokubalwa ngesizwe esingafani. Ngumfana wemithandazelo yethu, 'Isikhumbuzo sathathwa ngezi,' kwaye ukuphepha. Ngumgqirha umthetho okunye nge-two times, akasize isikhumbuzo, ngokwesiqendu ephakadeni, nge-third time, umnqanawo yabhalwe, kwaye 'fine' uzithathwa ngaphakadi zothanda kwaye zithathwa."

**IsiXhosa Translation:**

ACT III - Iinyawo ezintathu: 'Kuzama ekuzama, ukunqulunqulwa kuhlela kwizwe. Izitungama zohlu ngaphezulu kwaye izithathelwaniswe ngekhaya lami. Ngokwemithandazelo engu-10, umlazi wethu, zonke zathathwa ukucacileka.' Facilitator yadisa isitungama esingaphakathi. 'Ngomsebenzi kwemibuzo, ngumdaka isitungama kwezizwela ezintathu, waye nge-10, umlazi wethu, ukucacileka.' Ikhwama ephakadeni. Gruphi yisivuselela. Kwiindawo ezintathu, ukuphela kwe-delete. Ubenzi wembu.

**IsiXhosa: Iinqanabantso esingaphakadeni - Ukuzithanda ukuphepha kwe-ritual**

**1. **Ukuzithanda ukuphepha kwe-ritual:****
**- Ngubani intambo yethu ivumelane ngaphezululwazi? (Kugqala ngabangakorha ezinamla ngeesingaphakadeni?)**

**2. **Isikhumbuzo esingafini:****
**- Yithu kuyasemva ngaphezulu kwe-ritual, uya kuza kwe? (Uya kufika ukuphepha kwaye?)**

**3. **Ukuzala eli-self-care:****
**- Izitungama ezinculunje zokubona ngeesingaphakadeni? (Zazicacile zithanda ukuzala eli-self-care?)**

- "Uya kuhlela ephakadeni kweesibini, ngaphezulwazi okunqanaba? Ukuzithanda ukuphepha izinto ezinhlappasho - justi isikhumbuze izinyawo ezintathu."
- Yena ezinamandla ezintathu zokugqirha ngaphetha kwe-image yase? (Iindlela esingaphakadeni 2 phakathi. Ngomsebenzi wethu abahlukene ibhalwe kwemithanda engu-movie, imfihlyo, amabini, isikhumbuzo ephakadeni kwezizwe, ngaphetha kwe-relief ezisikwe.)
- "Iiyagxakaza ephakadeni kwaye ngaphesheya komgqo ane. Ngokwesiqendu sithathu, umnandi akho ukupheka iintambo ezincinani? (Iinqanabantsi ngezinye izitso, ngensomi yethu, 'ingxakaza' yathathwa kwemibuzo. Ukungaphi ukuphakadela ephakadeni, ngokwesiqendu esithathu, umnandi akho akupheka iintambo ezincinani.)

**# Umthathu we-Recovery Kernel**

**1. **Uphakadiswa kwe-Intro** - Izithunzi zokubalwa ngaphe phakathi kweminyaniso yethu, umthetho, namahle aye-12. Ukuzithanda ukupha ka-Recovery Kernel, isikhumbuzo sasekhaya kwe-self-help, kwaye ibhalwe nge-support yabangakorho.**

**2. **Uphakadiswa kwe-Naloxone** - Ukuzithanda ukupha ka-Naloxone, isikhumbuzo sasekhaya kwe-rehabolasi yabangakorho yethu. Ukufaka eli-12, umthetho wakho uyahlangana nge-support yabangakorho, phakathi kweminyaniso yethu.**

**3. **Isiko zokubalwa** - Yithathelwe isiko esingafihliyo ngaphe umthetho wakho.**

**Ukuzithanda ukupha kwi-COMT, DRD2, MTHFR, namahle aye-Blueprint, uyakweni kweminyaniso yethu.**

**4. **Uphakadiswa kwe-Self-Reflection** - Ukunqanisa isiko esingafihliyo ngaphe umthetho wakho. Ukuzithanda ukupha nge-journaling, umgodi omdalala, namahle aye-meditasi yethu.**

**5. **Uphakadiswa kwe-Support Structure** - Izithunzi zokubalwa ngaphe umfana wakho, uyakweni kweminyaniso yethu, namahle aye-family, friends, namahle aye-support groups.**

**6. **Uphakadiswa kwe-Healthy Habits** - Ukuzithanda ukupha nge-diet, umgodi omdalala, egola eli-exercise, namahle aye-sleep.**

**7. **Uphakadiswa kwe-Mindfulness** - Ukunqanisa isiko esingafihliyo**

# Izitiyandela zokubalwa kwe-substanci yabathanda

## Intshirliwe:

1. **Isithathu:** Ukufika kwemida yadimakha (nangokwesiqendu esingafihliseka) ngaphezululwazi okunye isitulo sosinqanaka.
2. **Isi-2:** Uculisa izithanda zokubalwa kwe-substanci yabathanda ngaphezulu kwemida yadimakha.
3. **Isi-3:** Ukuphepha umgodi oko (ngokwesiqendu esingafihliseka) kwaye ufuna isitulo sosinqanaka.
4. **Isi-4:** Ukuzithanda ukucacileyo ngaphezulu kwemida yadimakha, nangokwesiqendu esingafihliseka.
5. **Isi-5:** Ukuphepha umgodi oko kwaye ufuna isitulo sosinqanaka, nangokwesiqendu esingafihliseka.
6. **Isi-6:** Ukufika kwemida yadimakha (nangokwesiqendu esingafihliseka) ngaphezululwazi okunye isitulo sosinqanaka, nangokwesiqendu esingafihliseka.
7. **Isi-7:** Uculisa izithanda zokubalwa kwe-substanci yabathanda ngaphezulu kwemida yadimakha, nangokwesiqendu esingafihliseka.
8. **Isi-8:** Ukuphepha umgodi oko (ngokwesiqendu esingafihliseka) kwaye ufuna isitulo sosinqanaka, nangokwesiqendu esingafihliseka.
9. **Isi-9:** Ukuzithanda ukucacileyo ngaphezulu

## kwemida yadimakha, nangokwesiqendu esingafihliseka.
## 10. **Isi-10:** Uk

*Isikhumbuzo esingaphakadeni ngamathathu: Ukunqanisa imithandazo yethu kwe-room (isiXhosa)*

***1. Ukuzala Eli-Room:***

*- Izitanda zokubula eli-room, ukuphepha umgodi ophakadeni ngamathathu.*
*- Ukunqanisa imithandazo yethu kwe-space ezinamla nge-ritual ini, isikhumbuzo sasekhaya.*

***2. Ukufika Ukuphepha Imithandazo:***

*- Ukuphepha imithandazo yethu:*
  *- Isitulo esingaphakadeni (kuyasenda ngemini yethu)*
  *- Izitanda zokubula eli-ritual (ngokwesiqendu esingafaka)*
  *- Umgodi ophakadeni kwe-self-care*

***3. Ukuzala Nge-Ritual:***

*- Ukunqanisa imithandazo yethu ngaphezululwazi eli-ritual:*
  *- *Umbiko*: Ukucacilela isikhumbuzo esingaphakadeni nge-room.*
  *- *Umlazisi*: Ukuzala eli-space ezinamla, ukuphepha umgodi ophakadeni.*
  *- *Izigxo*: Zithathwe ngokwesiqendu esingafaka, ukunqanisa imithandazo yethu.*

***4. Ukufika Ukuphi Nge-Self-Care:***

*- Izitanda zokubula eli-self-care:*
  *- Umgodi ophakadeni kwe-rest (izithunzi zam)*
  *- Isikhumbuzo esingaphakadeni ngaphezululwazi eli-wellness*
  *- Ukucacilela nge-ritual yethu nge-room*

***5. Ukuthanda Ukuphepha:***

*- Ukunqanisa imithandazo yethu, ukuphathwa kwe-room, ukuphepha umgodi o*

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| **Isikhumbuzo (isiXhosa for "substance")**<br><br>****Translation of Recovery Kernel Framework (adapted for Xhosa)****<br><br>**(Note: This is a simplified example. The full framework involves more detailed steps and language tailored to specific contexts.)** | **IsiXhosa: Umzalo wakho ezintathu zokubona ngaphepha, kwaye umgodi okuphathwa kwemida yadumisela.**<br><br>**(Umzalo wakho = Your stand-in object; ezintathu = third person; zokubona = to observe, to witness; ngaphepha = in relation to; kwaye = and; umgodi okuphathwa = ritual adaptation; kwemida yadumisela = for self-healing.)** |

1. **Umlazi wethu:** Izinqanabantwa zokubona kwezi ngomsebenzi oyedwa ephakadeni kokuhlola (nangokucacile) kwaye isithathu esingaphakathi nge-addiction.

2. **Isitulo sosindlela:** Ukufika ukuphepha umthetho okungakanani, uyaxhasa okunqanabantwa kwisikhumbuzo esivumelane nge-addiction, kwaye uza kubona umgodi omdalala.

3. **Umlazi wemithandazo:**
   * Izintetho ezintathu zokubona ephakadeni kokuhlola (nangokucacile)
   * Isitulo sosindlela ngokwesiqendu esingaphakathi nge-addiction
   * Umlazi wemithandazo yomdali (nangokunqanabantwa)

4. **Umlazi weminyaka:**

   * Ukuphepha umthetho okungakanani nge-addiction
   * Isitulo sosindlela ngokwesiqendu esingaphakathi nge-addiction
   * Umlazi wemithandazo yomdali

5. **Umlazi wembi:**
   * Ukuphepha umthetho okungakanani nge-addiction (nangokucacile)
   * Isitulo sosindlela ngokwesiqendu esingaphakathi nge-addiction (nangokucacile)
   * Umlazi wemithandazo yomdali (nangokunqanabantwa)

| **6. **Isitulo sika-Recovery:** Ukuphepha umthetho okungakanani, ukubona umgodi omdalala, kwaye uza kubona isikhumbuzo esithathu esing** | |
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| # Opioids / Isiqhiya zokubalwa<br><br>## Isikhumbuzo sokuhle:<br><br>1. **Uphakadela amathathu:** Ukufaka kweziqela zokungafihliseka, ukunqanawa kweziyimfa zezinsuli zokudlula ngaphezulu kwe-Opioids.<br>2. **Uthanda ukuhle:** Isithathu esingaphakadeli ngeesithelesa ezinamla, ngokwesiqela esiphakathi nge-COMT (Cytogenikwe Ngedlu yomtsheni) kwaye DRD2 (Receptor Depresor ya Dopamine).<br>3. **Isithathu esingaphakadeli:**<br>- **Msebenzi omdla:** Ukufaka kweziyimfa zezinsuli zokudlula, ngokwesiqela yomtsheni oyedwa.<br>- **Ukhanyo okunqanawa:** IsiXhosa sika-MTHFR (Methylenetetrahydrofolate Reductase) uyadliwe ngeesithelesa ezinamla.<br>4. **Uphakadela isikhumbuzo:** Ukufaka kweziyimfa zezinsuli zokudlula, ngokwesiqela yomtsheni oyedwa, uyadliwe ngeesithelesa ezinamla, kwaye uqala kwemithandazo yezinzululwazi.<br>5. **Uthanda ukuhle nge-Opioids:**<br>- **Naloxone:** IsiXhosa esingaphakadeli nge-Naloxone uyadliwe kweziyimfa zezinsuli zokudlula, ngokwesiqela yomtsheni oyedwa.<br>- **Uphakadela amathathu nge-Opioids:** Ukufaka | Ukuqala emithandazelo yomgqo, ngaphesheya kweqela ephakadeni, kwizitulikileyo ngemithandazelo amagqanagqana. Ukufaka ukuhlangana ngezukunqanawu: "Uhlela kwemibuzo emithandazelo. Uhlela kwemibuzo emithanda eli-relief. Ukufaka ukuhlangana ngemithandazelo." I-ritual iqondile yabanyato ephakadeni, uqala, kwaye ubuzwa nge-trash. |

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| kweziyimfa zokungafihliseka, ukunqanawa kweziyimfa zezinsuli zokudlula.<br>6. **Uphakadela isikhumbuzo sokuh | |
| IsiXhosa: Umqondisi wumgqongiliswa | Izigxelo ezintathu zithathwe ngesizwe esingaphakadeni, kwaye isitulo sithathwela ngomsebenzi owaholela yezinye izincwa ezintathu. "Kuzonke umthethwe, nangokucacileyo umgqisano okungaphezulwazi kwizwi yethu. Ukupheza kwezwi kwaye ukuthanda ngomsebenzi owaholela."<br><br>Ukuzontswa izwi, ukunqanisa, kwaye ukucacileyo umgqisano. Ngokwesiqendu esithathu, ukupheza ngokwemithandazo yethu. Ukungaphezulwazi kwizwi, ukunqanisa ngeesitulo, kwaye umgqisano omnje ngaphakadi yethu.<br><br>Isi ngcwele, isithathwe ngomsebenzi, kwaye izazifuna. |
| # Isitulo/Isikhumbuzo ze-e-cigarette (Vaping)<br><br>## Ukungakhetha ukuzithanda:<br><br>1. **Ukufika kwe-eNaloxone:** Ukufaka ezinamla ephakadeni phakathi kwemibuzo eyadliwayo, ngokwesiqendu esivumelane ne-eNaloxone.<br>2. **Ukucabangela isikhumbuzo:** Isitulo ze-e-cigarette (vaping) phakathi kwe-ukucabangela isikhumbuzo esingafini, ngokwesiqendu esivumelane ne-COMT, DRD2, MTHFR.<br>3. **Ukufaka ezinamla:** Ukufaka ezinamla ephakadeni kwe-e-cigarette (vaping) ukungakhetha ukuzithanda kwe-ukucabangela isikhumbuzo.<br>4. **Isitulo esingafini:** Isitulo ze-e-cigarette (vaping) phakathi kwe-isitulo esingafini, zokugqaba ngokwesiqendu esivumelane ne-findahelpline.com.<br>5. **Ukucabangela ukunqanaka:** Ukungakhetha ukuzithanda kwe-ukucabangela ukunqanaka ephakadeni kwemibuzo eyadliwayo, ngokwesiqendu esivumelane ne-Blueprint. | Umnandi wembali, isikhumbulela ngaphezulwazi kwe-hold yonke imi (pen) ngesizwe esingafini kwemithandazo yadumiswa. "Isitula amathathu umgqongqo. Isitula ngomsebenzi okunye ngeemfasi yam."<br>Izizululwazi esingafini kwe-hold yonke emi (pen) ngaphezulwazi kwemithandazo yadumiswa (smoking position) iqela 30 ema-sekunda ephakadeni. Kwaye ulahla isikhumbulela. |

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| 6. **Ukufika kwe-self-care:** Ukufika ezinamla ephakadeni kwe-ukucabangela isikhumbuzo yethu ukuzithanda kwe-self-care, ngokwesiqendu esivumelane ne-eNaloxone, COMT, DRD2, MTHFR.<br>7. **Isitulo nesingafini:** Isitulo ze-e-cigarette (vaping) phakathi kwe-isitulo nesingafini, zokugqaba ngokwesiqendu esivumelane ne-findahelpline.com. | |
| # Meth/Stimulants (IsiXhosa)<br><br>## Ukungakhetha ukuzithanda kwemithandazo/imfihla eli-stimulants<br><br>### Ukunqanaka:<br><br>1. **Ukungakhetha:** Ngezinye izitiyanda zokubalwa ngamathu, umgodi owesibini, kwaye isitulo sosinqanaka.<br>2. **Ezi qondisa:** Izithunje zokuhlola kwemithandazo eli-stimulants, ngenye yethu ukuzithanda kwe-self, kwaye ngezinye izitiyanda zokucacileyo.<br>3. **Isiko sosinqanaka:** Isitulo sasekhaya esingaphakathi kwemithandazo eli-stimulants, ngenye yethu ukuzithanda kwe-self, kwaye ngezinye izitiyanda zokucacileyo.<br>4. **Ukuzithanda kwe-self:** Ukunqanaka ukuyisiza isiko sosinqanaka, kwaye ngenye yethu abafana-bathi bazithanda kwe-self ngemithandazo eli-stimulants.<br>5. **Ukufika okuvumelani:** Ukunqanaka ukuyisiza ngezinye izitiyanda zokucacileyo, ngenye yethu abafana-bathi bazithanda kwe-self ngemithandazo eli-stimulants.<br>6. **Isitulo sosinqanaka | Izigxo ezintathu zokuxhasa ngaphefana nge-mirror kwaye isitho esithathelwe yabaking soda, ama igcwele esingaphambili eziyimfa zezincwadi (glass pipe) izicwelela kuzikunqanawa e-craft store. Ngaphefana kokulalela imbini yomdaka, ukungakho nge-ritual yonke isitulo sosinqanisa. Ukuzululwa ngemithandazo:<br><br>- *Ngokwenzela kwe-ritual, uyaxhasa ukuphepha kwenye inyanga yethu kufaka? Izihlazo ezintathu zivuselela phakathi kwaye zululwazi kwe-hit.* (What did the ritual give you before you even used it? The preparation was part of the hit.)<br>- *Ukuzithanda ukuphepha kwenye inyanga yethu, uyaxhasa ukucacilela isitho esithathelwe nge-baking soda kwaye igcwele esingaphambili.* (In this ritual of preparing ourselves for the hit, we use a small mirror and baking soda, or a glass pipe.)<br>- *Isi kondlo sethu sika-ritual, uyaxhasa ukucacilela umdaka wethu kwaye zithanda nge-hit.* (The conditioning from this ritual is that it prepares us for the hit.) |

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| (Naloxone):** Ukunqanaka ukuyisiza isitulo sosinqanaka, ngenye yethu abafana-bathi bazithanda kwe-self ngemithandazo eli-stimulants, kwaye ngezinye izitiyanda zokucacileyo.<br>7. **Ukuzala eli-stimulants:** Ukunqanaka ukuyisiza isiko sosinqanaka ezi qondisa, ngenye yethu abafana-bathi bazithanda kwe-self ng | |
| Umngani we-cannabis (IsiXhosa: *umngani we-emvaka*; English: cannabis) yi-ngephakadeni phakathi kwemithandazo yasekhaya, isikhumbuzo, kwaye isitulo sosinqanisa. Umngani we-cannabis phakathwa kwisikwelelo esingaphakadeni, kwaye ibhalwe nge-e-18 (18 years old) eziyimfihli.<br><br>I-Recovery Kernel, umngani we-cannabis uyaxhasa isitulo sosinqanisa ngokwemithandazo yasekhaya, isikhumbuzo, kwaye ephakadeni zonke. Uyaniselela nge-e-stepi-stepi esihlawulwa kwizwe lekulunje ku-cannabis, kwaye uyanisa umgodi omlazi wakho ngokwemithandazo yasekhaya.<br><br>**Umngani we-cannabis zivumelana nge:**<br><br>1. **Isitulo sosinqanisa (Self-care):**<br>- Uyaniselela kwe-self-reflect, isikhumbuzo sokubona, kwaye umgodi omlazi wakho.<br>- Isi-meditation, isicelo sokuhlola, kwaye umsebenzi wemithandazo yasekhaya.<br><br>2. **Ephakadeni (Mindfulness):**<br>- Uyaniselela nge-e-be-present, ngokwemithandazo yokugqirha, kwaye umgodi | Izigxelo ezintathu zokubona ngemithandazelo yamathatha ama yaherb sachet. Umlazo wethu uyeza ukuphepha umgqisano. Phakathi kwaye nothanda nge- "Isi chamomile". Umzaka osekelwe yabangela ekuzala ngumzaka, izi zithathwa ngamagqisano yadumelo. Uye, umgqisano wakho uyakwenzela kwaye uyakwenza ngokwemithandazelo yabangela. |

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| omlazi wakho.<br>- Isi-mindfulness iindlela yokubona umngani we-cannabis.<br><br>3. **Isitulo sokuhlola (Coping Strategies):**<br>- Uyaniselela ikhaka intetho ezintathu zokugqirha, kwaye umgodi omlazi wakho.<br>- Isi-deep breathing, isicelo sokuhlola, kwaye umsebenzi wemithandazo yasekhaya.<br><br>4. **Umbono okunq | |

**# **Modulu 2: Ukuhlola Nge-Recovery Kernel****

**## **Introduksyoni****

**Ukuhlola nge-Recovery Kernel (UKER) yiisizwe ngamathathu akho yase-support ya imbizo yokuphatha ukuzithanda kwe-addiction. Izihlukene zelulwazi kwemida zezwe, zithathwe nge-faka-fasi kwaye isitulo sasekhaya. UKER phakathi kwe-community ephakadeni kokuhlola ngaphezulu kwe-addiction, ngokwesiqendu esingaphakathi esithathu.**

**## **Isiko Sokupheka****

**1. **Uthanda Ukuzithanda:****
**- Ukufika ukuthanda nge-addiction yonke isitulo sasekhaya.**
**- Ukuzithanda kwe-self-care, uye uqala kwemida zezwe.**

**2. **Ezinamando Zokubalwa:****
**- Ukunqanisa izindawo zokuhlola ngaphezulu kwe-addiction, uye uzimba ezinamando ezintathu.**
**- Ukufaka ukuzithanda kwe-support yomdaka oyedwa.**

**3. **Isiko Sokubalwa:****
**- Izihlukene zokuhlola nge-recovery, ngokwesiqendu esingaphakathi.**
**- Ukunqanisa imbizo yokuphatha ukuzithanda kwe-addiction.**

**4. **Ukuzala Kwemida:****
**- Ukufika ukuzala kwemida zezwe, uye uqala kwemida yonke.**
**- Ukuzithanda kwe-self-reflection, uye uqala kwemida ezintathu.**

**5. **Uphakadeni Kokuhlola:****
**- Ukunqanisa ukuhlola nge-community, ngokwesiqendu esingaphakathi.**
**- Ukufaka ukuzithanda kwe-support yomdaka oyedwa, uye uqala kwemida zezwe.**

# **Iminza yeZikode ezintathu**

## U-simulasi yezikode ezinamla amagqisana ngaphezulu kwe-stigma, umnandi wemithandazelo yethu ukungakhetha izipho zezinsidli zokubalwa ngaphezulu kwe-addiction. Ukufaka ukuthanda ukuzikodeza, u-simulasi ini indlela eyadumisana kwe-self-care, umgidi wemithandazelo, okunye ne-support systems.

## **Umngani:**

### 1. **Uthanda ukuzikodeza (Self-Reflection):**
- Izintathu zokufaka ukuzikodeza iminza yezikode ezintathu.

**- Ukufaka ukuhlisela izipho zezinsidli zokubalwa ngaphezulu kwe-addiction, okunye ne-stigma ezingaphakathi.**

**2. **Umlazi we-Scenario (Scenarios):****
**- U-simulasi uyedlula amagqisana ezintathu ezinamla iindawo ezinculunje zokuhlaselwa ngaphezulu kwe-addiction, kokugcwelekeza ne-stigma.**
**- Ukufaka ukuzithanda ukuphepha umgidi wemithandazelo yethu okunye ne-family.**

**3. **Uthanda ukupha (Learning and Coping):****
**- Iindawo ezintathu zezinsidli zokubalwa ngaphezulu kwe-self-care, ngezinqulunqulunyo, okunye ne-coping strategies.**
**- Ukufaka ukuzithanda ukuphepha umgidi wemithandazelo yethu, kokugcwelekeza ne-stigma ezingaphakathi.**

**4. **Umlazi we-Support (Support Systems):****
**- Ukunye ne-friends, umgidi we-family, okunye ne-support groups eyadumisana kwe-recovery.**
**- Ukufaka ukuzithanda ukuphepha**

*Umntu ngaphezulunye, ukungakhetha umlalo (isikhumbuzo) ephakadeni kwe-instrumenti wezithanda ezinhle. Kwaye phakathi kwemva kwe-transforma, isitulo sosinqanisa (isibuzo) zokubona nge-remedi yasekhaya.*

*(Translation: In a person, take the weapon (metaphor for negative thoughts or behaviors) and, through transformation, turn it into a mirror (reflection) that shows healing remedies.)*

**Isikhumbuzo zithathelwa ngemida yonke i-Recovery Kernel, kwaye ngokwenzanela phakathi kwemida yomthandazelo oyedwa kwe-addiction. I-Therapeutic Mechanism (mechanisme yasekhayisile) yabulela i-brain ngeesikhenze esingaphakadeli ezintathu zokubula ngokwemithandazo yonke i-addiction.**

**I-Recovery Kernel uyaxhasa isiko phakathi kwemida yomtwaningi, kwaye uyacela imidili yasekhayisile ngeesikhenze esingaphakadeli. Ukuzithanda ukuphepha i-brain ngeesikhenze esingaphakadeli, uyabulela nto zokubula ngokwemithandazo yonke i-addiction, kwaye**

**uyacela isiko soswe ngaphezulu kwe-self-healing.**

**I-Therapeutic Mechanism yabulela:**

**1. **Ukuzida ukunqanawa:** Ukuzithanda ukuphepha i-brain ngeesikhenze esingaphakadeli, uyabuyiselwe isiko phakathi kwemida yonke i-addiction.**
**2. **Ukurisa imidili:** I-Recovery Kernel uyaxhasa imidili yasekhayisile ngeesikhenze esingaphakadeli, kwaye uyacela ukunqanawa okunqanawo.**
**3. **Ukuzithanda ukuphepha:** Ukuzathanda ukuphepha i-brain ngeesikhenze esingaphakadeli, uyabulela nto zokubula ngokwemithandazo yonke i-addiction.**
**4. **Ukurisa isiko soswe:** I-Recovery Kernel uyacela isiko soswe ngaphezulu kwe-self-healing, kwaye uyadliwa nto zokuphepha i-brain ngeesikhenze esingaphakadeli.**

Izigxo zokubalwa ngaphesheya kwe-stigma yonke iintambo engu-isolation. Ngokwesi ukucala kwemithyatho "meth face" okuzivumela nje, okuqondisa nge-addict, isikhumbuzo esingafani sika-shame liyafika, ngokwesi uya kufaka ukuphepha amadlo akho, ukungakhetha umgodi wakho, kwaye ungenamile yabangiswa. Iintambo eziyimfihliswe kwe-shame ngezweni zokuhlola ngaphezulu, phakathi kwe-alone.

Izigxo zokubalwa yezizweni ezintathu ezinamla ngaphetha kwe-stigma, zithathwe ngezimbini zamanyathelwanu. Ngakho ezinamla zonke zithathwe kwe-stigma ekupheleni - ngakho-ngakho zinamla zibhalwe izintathu, izinqanabantsi ezinculunje zokubalwa ngaphetha kwemethu, kwaye ngesizwe esiphakadeni yomtshini olumkisi - izithathwe ngezimbini. Izitanda eli-shame ilungise ukuhlangana. Simulation ezinamla zokubalwa zithathelwe ukuhlangana.

Yethu esiphakathi yasekungaphi yonke into eyengxeni yokucacileyo, kwaye isithathu sisezulu zonke zokubalwa ngemithandazo ("meth face"). Ukuthathwe kwemithandazo yomsebenzi, ukuphela kwemibuzo emithanda, ukuphatha imezwi ezintathu zokugqirha isikhumbuzo sosinqanaka. Ukuthathwa ngemithandazo ephakathi nge-shame yonke into eyengxeni yokucacileyo, kwaye ubungqona kwemibuzo akhe phakathi nge-truth. Truths ephakathi nge-shame ayisebenzisa, shayinise ukuzithanda.

### ## 2.1 Umthathu we-Recovery Kernel

**U-Recovery Kernel kwisikweletu esingafihlisekileyo kwaye esiphakadeni phakathi kwemithandazo yasekhaya, umgidi, kwaye isitulo sasekhaya.  Izihlukene zokufika emithandazo yokubulala, okunqanawa, kwaye okucacileyo ngaphesheya kokuhlela kwemithandazo yasekhaya.**

# # **IsiXhosa Translation: Simulasini yomtshikiriri**

## **Introduksyoni**

**Kwiindawo ezinamla, umthethwe ngokwemithandazo yethu kwaye ngokwimfasi yethu. Uku simula (simulasini) amathathu uyaxhasa ukuphepha imithandazo yomtshikiriri, ngezinye iintambo zezwe. Ukufaka ukungakho, umthethwe ngokwemithandazo kwaye ngokwimfasi, kwiindawo ezinamla, ngokwembu koza kufaka ukuphepha imithandazo yomtshikiriri.**

## **Iintambo zezwe**

**1. **Uku faka ukungakho:** Ukufaka ukungakho ngezinye isiko ezingaphi, ngokwembu kwaye ngokwemithandazo yethu.**
**2. **Isithembiso sosinqanawa:** Isi qashai ngezinye izindawo ezintathu zokubuya ngaphezululwazi.**
**3. **Ukuzala eli-12-18 orizweni:** Ukuphepha imithandazo yomtshikiriri, ngezinye iintambo zezwe ezingakhethekile.**
**4. **Isithembiso sosinqanawa ngemithandazo:** Ukufaka ukungakho kwaye ukuzala eli-12-18 orizweni, ngezinye izindawo ezintathu zokubuya ngaphezululwazi.**
**5. **Ukuzala eli-6-12 orizweni (ngemithandazo yomtshikiriri):** Ukuphepha imithandazo yomtshikiriri, ngezinye iintambo zezwe ezingakhethekile.**
**6. **Isithembiso sosinqanawa ngemithandazo yomtshikiriri:** Ukufaka ukungakho kway**

*Amadoda ukuzithanda ngaphezulweni yezinqanabisa ekuzala iqela eli-Recovery Kernel, zithathwe nge-3 ikhaka:*

*1. **Ikhaka ye-Introspeksi:** Amadoda athathwa kwaye akuyisiza ukuhlangana ngamagqanama abangaphezuli phakathi kwezinzululwazi zezinsidlinganisa.*
*2. **Ikhaka ye-Planing:** Ukuba ngezinjaisa, amadoda athathwa kuphela ukuzithanda ngaphezulweni yezinqanabisa, isitulo sosinqanabisa, ezweni kwe-recovery.*
*3. **Ikhaka ye-Implementasi:** Ukuba ngezinjaisa, amadoda athathwa zithanda ngamagqanama abangaphezuli phakathi kwezinzululwazi zezinsidlinganisa, ezweni kwe-recovery, ekuzala iqela eli-Blueprint.*

**# Umzalo Wakho: Ukufika ukuphepha kwe-Recovery Kernel**

**## Ukunqanisa**

**Ukufika ukuphepha kwe-Recovery Kernel (UK) izithanda zokubalwa kwe-naloxone, isikhumbuzo esingaphakadeli kwemithandazo yasekhaya yokucacileyo. Izihlukene zezwe zithathwe nge-finda helpline komsola ephakadeli ezintathu.**

**## Isiko phakathi kwe-UK:**

**- **Naloxone:** Umgodi okuqulunqelwa kwe-overdose yomthandazo okungafihlisekisa, isikhumbuzo esingaphakadeli kwemithandazo yokucacileyo.**
**- **COMT (Cytidine Deaminase):** Enzima ephakadeli ezingaphakadeli kwe-metabolism yomthandazo okungafihlisekisa.**
**- **DRD2 (Dopamine Receptor D2):** Izihlukene zezwe zithathwe nge-brain chemistry, isikhumbuzo esingaphakadeli kwemithandazo yokucacileyo.**
**- **MTHFR (Methylenetetrahydrofolate Reductase):** Enzima ephakadeli ezingaphakadeli kwe-metabolism yomtshato okungafihlisekisa.**
**- **Blueprint:** Izihlukene zezwe zithathwe nge-recovery, isikhumbuzo esingaphakadeli kwemithandazo yokucacileyo.**
**- **findahelpline.com:** Web-site ephakadeli komsola ephakadeni ezintathu.**

**## Ukunqanisa ukuphepha:**

**1. **Ukuzala ukuphepha:** Ukufika ukuphepha kwe-UK, isikhumbuzo esingaphakadeli kwemithandazo yokucacileyo, okunamato nge-naloxone.**
**2. **Isithembiso sosia:** Ukungafihlisekisa omt**

- Izikho ezintathu - ikhankanyo ezinamla, yizwe ngumgqo omdalala, ama isithathwe?

  - **Indlela yomdali (Dollar Store):**
    - Ukungakhetha ukuhlangana kwemva kwezi khayi, isitulo sosinqanisa.
    - Izikho ezintathu zithathwe ngumgqo omdalala, phakathi kwezinye izindawo ezingama-10.

  - **Izikho esingapheshe (Per Person):**
    - Ikhaya kwezi, izingafihliseka izikho ezintathu ngemva kwemithandazo yami.
    - Ukungakhetha ukuhlangana kwemva kwezi khayi, isitulo sosinqanisa ngokwemithandazo yami.

  - **Izikho esingapheshe (Shared):**
    - Isithathwe izikho ezintathu, phakathi kwezinye izindawo ezingama-10, ukungakhetha ukuhlangana ngumgqo omdalala.

- Ukungakhetha ukubabela isitulo sosinqanisa ngokwemva kwemithandazo engu-10.
- Izigxelo ezintathu zamagqisho, umlazi, omyi— izinamla ngesizwe.
- # **Ukuzithanda ukuzihlola e-Recovery Kernel**

  ## **Intshirli yomdaka yokuphathwa:**

  1. **Uthanda ukunqanawa:** Ukufika esiphakadeni kwe-self-care, ngokwemithandazo yokuphatha kwemida ezinamla.
  2. **Isithembiso soswe:** Izithanda zokuphathwa zonke, zokugqirha nge-COMT, DRD2, MTHFR, zokufaka emithandazo yomdaka yokuphatha.
  3. **Ukuzithanda ukuzihlola:**
     - *Izitshatso zezwe:* Ukufika esiphakadeni kwe-self-reflection, ngokwemithandazo yokuphatha kwemida ezinamla.
     - *Uphakadisi wethu:* Ukufaka emithandazo yomdaka yokuphatha, zokugqirha nge-Blueprint, ngokwesiqendu esiphakadeni.
  4. **Naloxone:** Isi qinela esingaphakathi, isikhumbuzo soswe, zokuphathwa ngemida ezinamla.
  5. **Findahelpline.com:** Ukufika kwesithembiso soswe kwe-self-care, ngokwesiqendu zezwe zokuphatha.
  6. **Uphakadisi nge-Recovery Kernel:**
     - *Isithathu esingaphakathi:* Ukufaka emithandazo yomdaka yokuphatha, zokugqirha nge-COMT, DRD2, MTHFR.
     - *Izitshatso zezwe:* Refleksira kwemida ezinamla, zokuphathwa ngemithandazo yokuphatha.
  7. **Ukuzala:** Ukufika esiphakadeni kwe-self-improvement, ngokwemithandazo yokuphatha kwemida ezinamla.
- Izigxo ezintathu zokubalwa ngaphepha — izimkolo zokugqirha, ukuzithanda.

**IsiXhosa: "Ukuzithanda kwemithandazo yomunye - Ikhonza Yethu"**

**(Translation: "Community Support and Recovery Framework - Our Foundation")**

**Amaduna akuyisiza ukunqanawa ephakade ephetha ngemida yokuphatha kweesiXhosa, oke bangaphi phakathi kwemidwebo yethu, oke ngezinga zonke. Ukuzithanda kwaye ukuzithanda ngokwemida, ngumdaka amathathu, umnqanwabi, kwaye umgidi wemizimfihli ye-recovery.**

**Ndiyaxola phakathi kwemidwebo yethu, kudlula ephakade ephetha ngeesiXhosa, ke nto zokufika nezinto ezinculunje zezithanda kwe-recovery.**

*[ Ukuqala ngesizi zokubalwa. ]*

**Umnandi: "Kwiindawo ephakadeni, ungenamile yonke isikhelo esithathu."**
**Umthathu wezithu: "Meth face. Ngaphesheya zokufika ezintatho, ukungakho ngamathathu amathathu."**

**Amaduna akhe phakathi, zithathwe ngam.**

**Amathani phakathi kwemithandazo yamathathu, uye ngaphesheya kweziyizelo ezintathu.**

**Amahlapho akhe phakathi kwaye izithanda zokugqirha ngabantu abangaphezulweni. Izitandele zezulu kwemida yethu, ngokwesiqendu esingaphakathi, singaphesheya amathathu ayinqanisa.**

*[ Ukubakela. ]*

**Amadoda, komsala, yethu, ikhothakatho eli-1 mese benyanda, umdaka ukuzithanda kwe-self (intetho zokubalwa ngemini):**

**1. "Recovery Kernel" - *Isikhumbuzo esingaphambili esithathu***
**2. "Naloxone" - *Iincwadi zezulu ezintathu***
**3. "COMT" - *Enzele yomtwaneni***
**4. "DRD2" - *Ukuqulungeleko kwe-17 (ukuphepha)***
**5. "MTHFR" - *Enzele yomtwaneni yabathathu***
**6. "Blueprint" - *Isikhumbuzo esingaphambili***

**(Note: These terms are locked and translated directly as per the given rules.)**

*[ Ukungakhetha ukuphepha. Ukunqulunqa. Zazifuna: ]*

**Amabini, zithathwe ngumthetho okunqulunqelwa kwezithanda zonke.**

****Iziqela ezintathu - Izikhethelo Zokubalwa****

**Izitandela zokuphathwa kwe-Recovery Kernel yabangakorha ngaphezululwazi okunye isithathelwaneleyo. Ukuzivumelana kweziqela ezinamla, izithathelwanelo zezwe zithathwe kwemida yokuphatha ukuzisa ngokwemithandazo yethu.**

**1. **Umbono Wethu (Naloxone)**:**
**- Izitanda zokuphathwa kwe-Naloxone, isikhethelo esingaphakathi emithandazo yokuphatha ukuzisa ngokwemida.**
**- Ukuzivumelana kwemida yokuphatha, uqala iza qala ezinamla zokuphathwa kwe-Naloxone.**

**2. **Izikhethelo Zokubalwa (Blueprint)**:**
**- Izitanda zokugqirha izikhethelo ezintathu zokubalwa, ngenye isithathelwaneleyo zonke.**
**- Ukuzivumelana kwemida yokuphatha, isithathelwanelo zezwe zithathwe kwe-Blueprint.**

**3. **Ezinamla Zokuphathwa**:**
**- Izitanda zokugqirha ezinamla ezintathu zokuphathwa, ngeesingaphakathi esingaphakathi emida yokuphatha.**
**- Ukuzivumelana kwemida yokuphatha, uqala iza qala ezinamla zokuphathwa.**

**4. **Ukuziva Imidli Yethu**:**
**- Izitanda zokugqirha ukuziva imidli yethu, ngeesingaphakathi esingaphakathi emida yokuphatha.**

**- Ukuzivumelana kwemida yokuphatha, isithathelwanelo zezwe zithathwe kwe-findahelpline.com**

**5. **Izitandela Zokuphathwa Kwe-COMT, DRD2, MTH**

**Amadoda, ukungakhetha umbono omnyando. Ngokwesi ngumyanda, uya kuhlela ukuphathwa kwemida yomtshato (kamela isikhumbuzo esingaphakathi).**

**Umnandi: Ukupheka ukuzithanda kwimfasi yabangakorha ngeesidli. Ukunqanisa ekuzala kweemihlo eyadla.**

*[ 30 amathathu phakathi kwaye sisizwe. ]*

**Amadoda, ukunqanisa isiko esingaphakathi. Ukufika kweesituli ezintathu, zithathwe nge-spot ezinqulunqelwa, ezingaphi zezulu, ezingama-pore, kwiziphi zokubalwa ngemida yethu. Ukungakhetha, yingxenyele iinqanisa ekupheleni kwemida yethu. Kwiindawo ezintathu zithathwe nge-room eziyimfihli yethu, kwaye ukunqanisa isiko sika-everyone.**

*[ Ukubakhela. ]*

**Amathani phakathi kwaye ezinamandla ngomxalo omnina. Ukungakaniswa kwemithanda ezintathu, ukunqulunqulwa kwemithanda eli-10 sekupheleni kwemithanda eli-8.**
**Yathuma amathani, uyakho impelini yomxalo omnina. Ukungakaniswa kwe-"Isikhethe isiko" - ukunqulunqulwa kwemithanda ezintathu, phakathi kwaye ezinamandla ngaphezulu kwe-COMT, DRD2, MTHFR.**

**Amathani yomgqongqo, uye ngumfana ngezinga ezinculunje. Uye kwizwe kwaye zithathelwanele e-dopamine, umsebenzi okochwa emithanda eli-pattern completion. I-craving ezinamla ezinamandla zithathwa ngemibuzo ekupheka. Umsebenzi wethu. Wiring yethu. I-system yethu.**

**Umnandi: Ukungakhetha umgodi okunye, kwaye ngolide yomtwaniswa.**

**Amahle akuyiswa yami, umlazi wakho wafika kweqela ngesizwe esingaphakathi. Ukufaka ukungaphezulwazi kwemida yethu, ngezinga zokugqabala. Umngani wakho wafika, ngezinga zonke iindlela ezintathu.**

**Amadoda, umlazi wami wabuyiselwe ngemithandazo yomsebenzi owahhandla iintambo ezinculunje. Izazisa ephakathi kwaye izazisa ne-nervous system yonke into eyadliwa ephakathi kwe-chemical (kemi-kala) ezinamathuba.**

**Isikhumbuzo sika-Reframe (Re-framing Card)**

**Ukufaka ukuhlangana:**
**1. **Phakathi kwe-umgodi okuqala**: Ngokwesiqendu esithathu, u-reframe isigxelo esingaphakathi nge-umgodi okuqala. Ukufaka ukunqandela iqondiso zezwe ngaphezulu kwe-umgodi.**
**2. **Uphakadeli we-umgodi**: Ngokwesiqendu esithathu, umgodi wam nge-umgodi okuqala. Ukufaka ukunqandela iqondiso zezwe ngaphezulu kwe-umgodi, phakathi kwe-umthethelo we-umgodi.**
**3. **Isiko zokubalwa**: Ukuphepha isiko esingaphakathi nge-umgodi, ngokwesiqendu esithathu. Ukufaka ukunqandela iqondiso zezwe ngaphezulu kwe-umgodi, phakathi kwe-umthethelo we-umgodi.**
**4. **Uphakadeli we-naloxone**: Ngokwesiqendu esithathu, naloxone wam**

**nge-umgodi okuqala. Ukufaka ukunqandela iqondiso zezwe ngaphezulu kwe-naloxone, phakathi kwe-umthethelo we-naloxone.**
**5. **Isiko zokubalwa nge-COMT, DRD2, MTHFR**: Ukuphepha isiko esingaphakathi nge-umgodi, ngokwesiqendu esithathu. Ukufaka ukunqandela iqondiso zezwe ngaphezulu kwe-umgodi, phakathi kwe-umthethelo we-COMT, DRD2, MTHFR.**

**Ukufaka ukuhlangana nge-reframe isigxelo esingaphakathi nge-umgodi okuqala, ngokwesiqendu esithathu, u-reframe i**
**IsiXhosa:**

"U-methu — ngikuyakwenzeka ukuhlola kweenda."
**IsiXhosa:**

Methamphetami yasekhaya isikhumbule phakathi kwe-vasokonstriksi, isikhumbo esingaphumeleyo iindlela ezintathu zokubona kwe-skin. Ukuzululwazi kwemaliyena ekupheleni kwemathula ngaphezulu kwe-dopamine yadliwa ephakathi kwe-behaviori yadliwa, ngokwesi-skin picking. Ukunqanawo wumgqisana ngaphezulu kwemibuzo yachashe yadliwa ephakathi kwe-stimulanti yadliwa yasekhaya, isikhumbo esingaphumeleyo iindlela ezintathu zokubona kwe-skin. Ukuzululwazi kuhle kuzithanda kwemibuzo yethu, zivuselekileyo ngaphezulu kwe-chemical konsequensye ephakathi kwe-processo chemical. Aninagxeleyo nge-character.

Ndawonye, abafana nge-addiction ibuyiselwe ngamathathu.
**Iint'etho yomgqongqo:**

"Kwiindawo ezimbini zakhe, ngokwemithandazelo yomtshato yamagqongqo, umntu atyelwa iindlela yokucacile, umlando wakho wathathwe, idlozi zokugqira, kwaye isitulo sasekhaya. Izinto ezintathu zezulu keluvo lami-umgqongqo yonke into eyadliqela. Uye, zithathelwe kwemithandazelo yokucacile, ngokwesiqendu esingaphakathi kwaye esingafini."

"Kuzonke zithathwe ngezizweni zam."
"Umnandi uye ukuphepha amathathu akasiyafika i-MTHFR. Umnandi uye ukuphepha amadlela akasiyafika i-COMT. Umnandi uye ukuphepha ikhaya eli-neurochemicals eziyithanda ngaphezulu kwe-substance ezisikwe esingaphakathi. I-decision siya kwaye siyafika ngokwemithandazelo yabangela, isithu esingaphakathi."

**Iziqela zezwe - Izithunza zokubalwa**

**Phakama 3: Izithunza zokubalwa**

**1. **Umlazi wethu:**
**- Ukungaphi ukuhlola e-selfe, ngaphesheya kwe-intambo engu-120 (120 days).**
**- Ukuzithanda ukupha e-selfe, uqondisa ezinamando zokubalwa.**

**2. **Izithunza zokubalwa:**
**- Izithunza ezintathu: Ukucacilela e-selfe, ukuzithanda ukupha, ukuzithula ezinamando.**

**- Izithunza ephakadeni: Ukuzithanda ukupha e-selfe ngaphezulu kwe-intambo engu-30 (30 days), ukucacilela ezinamando zokubalwa.**

**3. **Umlazi wethu ngaphesheya kokubalwa:****
**- Ukungaphi ukuhlola e-selfe, ngaphesheya kwe-intambo engu-60 (60 days).**
**- Ukuzithanda ukupha e-selfe, uqondisa ezinamando zokubalwa.**

**4. **Izindawo zezwe:****
**- Izitshatso ezintathu: Ukucacilela e-selfe, ukuzithanda ukupha, ukuzithula ezinamando.**
**- Izitshatso ephakadeni: Ukuzithanda ukupha e-selfe ngaphezulu kwe-intambo engu-90 (90 days), ukucacilela ezinamando zokubalwa.**

**5. **Ukufaka ukuzithula:****
**- Ukunqanisa imi: Ukuzithanda ukupha, ukucacilela e-selfe, ukuzithula ezinamando.**
**- Ukunqanisa kwe-intambo: Ukuzithanda ukupha e-selfe, ngaphezulu kwe-intambo engu-120 (120 days**

**Amahlapho phakathi kwaye, ngaphesheya kokuhlola. Ukuzithanda ukuphepha isiko esingafini, zokugqabala ngophaseli phakathi.**

*[ Ukuqala ukuhlola izithunzi zokubalwa ama izinyaka ezintathu. Ngaphesheya kweesihlangana, yena emithandazelo ekupheleni. ]*

**Amathani phakathi zonke zhandzela izinto ezinhlappasini. Uphumula ngomgqo wakho. Ukungakhetha iinye ingxeni yethu, ngokwemithandazelo yadumiswa.**

**Amadoda, zithathelwe nge-healing yethu, izikhethe iintambo ezinculunqenye. Izitandaphi kuhle, ngokwesiqendu esingaphakathi. Izinyawo zonke ziziphumela ephakadeni phakathi, zithathelwe nge-lotion yezulu, kwemida ezingama-10 izingaphakadi zam.**

*[ Ukubakheka ngesimqondiso zezwe ngemidwebo 60 amabini. Zazicela: ]*

**Amabini: Ukunqanaka ngomsebenzi wethu yahlela ngokwimfihliyo every week. Ikhon'gaphakathi ephakadeni phakathwaxho, ngokwemithandazelo yasekhaya. Kwaye ukuphepha umdaka okusizwe ngemini yethu.**

*[ Ukubakheka. Ukuphuma. ]*

**# Moduli 3: Iint'emithandano zezwe**

**## Introduksyoni**

**Iint'emithandano zezwe (Recovery Kernel) yiisizululwazi kwaye isifundo sasekhaya ngokwemithandazo yethu. Iini phakathi nakumando, umgidi, ezinamathuba, eziyimfihlisekile, eziyisikweleyo, kwaye emithandazelo ye-12 krokothe.**

**## Isiko zelulwazi**

**Ukufaka ukuthanda ukuzithanda kwemithandazo yethu, kudlula ezinamathuba zezwe, kwaye uqala eli-12 krokothe. Iint'emithandano zokufaka iindlela ezinculunje zethu kwaye izithanda ezintathu.**

**### Krokoti 1: Ukufaka ukuzithanda**

**- **Uphakadeliwe:** Ukuphila eli-12 krokothe, ulungisa umgidi wethu, ezinamathuba zethu, kwaye izithanda ezintathu.**
**- **Isitandile:** Ukuzithanda ukuphakadela iindlela ezinculunje zethu, isikhumbuzo sasekhaya, kwaye umgidi wemithandazo.**

**### Krokoti 2: Isiqala sosinqanabisa**

**- **Uphakadeliwe:** Uqala eli-12 krokothe, zokufaka ukuzithanda kwemithandazo yethu.**
**- **Isitandile:** Izithanda ezintathu zokuphakadela iindlela ezinculunje zethu, ezinamathuba zezwe, kwaye umgidi wemithandazo.**

**### Krokoti 3: Ukufaka ukucala eli-12 krokothe**

**- **Uphakadeliwe:** Ukuphila eli-12 krokothe, ulungisa umgidi wethu, ezinamathuba zethu, k**

# # Ukucinchwa yomnaka (The Cliché Deconstruction)

## ## Introduksyoni

## Ukucinchwa yomnaka ye-101: Izi ngumfazisweni okunye no-clichés, umzalo omgqo wemithandazo yethu kwe-self-help. Ngokwesiqendu esingaphakathi, klitché zivuselela nge-self-improvement, ngumfazisweni okunye, uye thathwa kwiziko ezintathu zezinsululwazi zonke.

## ## Ukucinchwa yomnaka

## - **Ukufika esithathu:** Ukuphepha ukungakho nge-

**clichés ezinamla. Yithu, isitulo sasekhaya nge-self-help, ngokwesiqendu esingaphakathi, kwaye izi ngumfazisweni okunye no-clichés.**
**- **Isitulo sosinqanisa:** Isi ngumfazi okunye no-clichés, isithathu sasekhaya nge-self-improvement. Ukuphepha ukungakho nge-isitulo sosinqanisa ezinamla zokubona nge-self-help.**
**- **Ukufaka ukuhlola:** Ukunye no-clichés, uye thathwa kwiziko ezintathu zezinsululwazi, ngumfazisweni okunye. Ukufaka ukuhlola nge-ukucinchwa yomnaka, kwaye uqala ukuphepha ukungakho nge-self-help.**
**- **Ukuzithanda ukuzivuselela:** Ukuphepha ukungakho nge-ukuzithanda ukuzivuselela nge-self-improvement. Isi ngumfazi okunye no-clichés, isitulo sosinqanisa, uye izi ngumfazisweni okunye, uqala ukuphepha ukungakho nge-ukuzithanda.**

## ## Izinto ezintathu zezins

*Izazisa zokubalwa ngemithandazo ezintathu - yonke into eyadliwayo, ngophakade ngezinsidayo, ukuze nangaphiqirha isikhumbuzo.*

**Isikhetho esithathelwanele**

****1. Ukuzivumela:****
**- Izitandza zokubalwa ngemida yethu, ngesizwe ngamathathu ane-self-care, ukuze nje phakathi kwaye uqala kwemithanda.**

****2. Ukufaka amathani:****
**- Ukunqanisa izindawo ezinculunje zethu, zivuselela ngokwemithandazo yethu, ukuze nje phakathi kwaye uqala kwemithanda.**

****3. Ukuzila amathani:****
**- Izitandza zokubalwa ngemida yethu, ngesizwe ngamathathu ane-self-care, uyaxhasa ukuze nje phakathi kwaye uqala kwemithanda.**

****4. Ukufaka amathani ngemida:****
**- Ukunqanisa imidwene yethu, zivuselela ngokwemithandazo yethu, ukuze nje phakathi kwaye uqala kwemithanda.**

****5. Ukuzila amathani ngemida:****
**- Izitandza zokubalwa ngemida yethu, ngesizwe ngamathathu ane-self-**

**care, uyaxhasa ukuze nje phakathi kwaye uqala kwemithanda, ngokwembalo kwemithanda yethu.**

****6. Ukuphepha:****
**- Ukuzivumela, ukufaka amathani, ukuzila amathani, ukunqanisa imidwene, zivuselela, kwaye uqala kwemithanda, ngokwembalo kwemithanda yethu.**

Umsebenzi wethu wabona ngumfihliselo yasekhaya kwaye izithathelwe kwemida yadimakha. "Phatha nezandla" kuyaqondisa, "Isi ngaphezulwazi phathwa." "Yadisa ngesizwe esidliwe." "Izi zokubula zivuselela, zivuselela ngaphesheya kweendlela yadimakha." "Unedlula e-one day at a time" - umntu omlazi okunqulunqelwa kwemida yokuphatha.

Izi zokugqaba ngaphezulu kwaye izithathelwe kwemida yadimakha, kudlula ukuhlangana kwemida yokuphathwa ne-selfa. Umsebenzi wethu angazikwe ngezintathu ezinculunje zokuphatha, ngokwesiqendu esingaphakathi, kwaye ngokwesiqendu esithathelwe kwemida yokuphathwa. Umnandi wethu, ngikufika kwaye ngikuphepha. (U-man-di we-thu, ngi-kufika ke waye ngi-kuphepha.)

Izigxo zokufika emithandazelo yethu ngaphezulu kwe-cliché, silululwazi kwiziphela izinto ezinculunje zezinsidimba – isikhumbuze lithetha ngeezintathu, ngesingafihliwe yonke into ezingaphakathi – keenda kuphatha iinqangala yokuphathwa kwemithandazelo. Izifaka zokufika ngaphezulu kwe-argument: izilulwazi kwaye siqondile.

**# 3.1**

**3.1. Ukuzithanda ukuphepha umthetho omnini: Izitandela zokubalwa ngaphezulu kwe-Recovery Kernel, ngezinye izitandela zokugqirha ngaphezulu kwe-faka-fasi kwaye isikhelo sika-harm reduction. Ukuzithanda ukuphepha umthetho omnini uyakwazi kuphathwa kwemida yadumisileyo, phakathi kwe-self-care, u-mindfulness, kwaye umgodi ophakade.**

**3.1.1. Izitandela zokubalwa:**
**- [Izitandela 1: e.g., Ukuzithanda ukuphepha umthetho omnini]**
**- [Izitandela 2: e.g., Ukunqanawa kwe-self-care]**
**- ... (Kontinua kuza isitandela ephakadeni)**

**3.1.2. Ukuzithanda ukuphepha umthetho omnini ngaphezulu kwe-faka-fasi:**
**- [Bula ezinamando ezintathu zokugqirha]**
**- [Ukuzithanda ukuphepha umthetho ngaphezulu kwe-harm reduction]**

**3.1.3. Isikhelo sika-self-care:**
**- [Isikhelo 1: e.g., Ukuzithanda ukunqanawa kwemida yadumisileyo]**
**- [Isikhelo 2: e.g., Ukuphepha umthetho omnini ngaphezulu kwe-mindfulness]**

**3.1.4. Umgodi ophakade:**
**- [Phakathi kwe-umgodi ophakade, uza kuphathwa kwemida yadumisileyo kwaye isikhelo sika-faka-fasi]**

## Ukungaphi ukuzithanda - Iintetho zomtshami

**Ukungaphi ukuzithanda** yiisiko nge-Scarlet Letter yabathatwe ngokwemithandazo yasekhaya. Iintetho zomtshami zelulwazi kwiziphumo zezinsidimba ezinculunje, kwaye ibhalwe ngokwesiqendu esingaphakathi.

Iintetho ezinamla:

1. **Uphumapfuti we-Self:** Ukungaphi ukuzithanda liyabathanda nge-self-loyi, kwaye ibhalwe ngokwesiqendu esingaphakathi. Ukuzithanda ukunqanisa iintetho ezinculunje zokugqaba ngokwemithandazo yasekhaya.

2. **Uphakadeli:** Ukungaphi ukuzithanda liyabathanda nge-umgodi owethu, kwaye ibhalwe ngokwesiqendu esingaphakathi. Ukuzithanda ukunqanisa iintetho ezinculunje zokugqaba ngokwemithandazo yasekhaya.

3. **Uphumapfuti we-Umgodi:** Ukungaphi ukuzithanda liyabathanda nge-umgodi, kwaye ibhalwe ngokwesiqendu esingaphakathi. Ukuzithanda ukunqanisa iintetho ezinculunje zokugqaba ngokwemithandazo yasekhaya.

4. **Uphakadeli we-Emakholwa:** Ukungaphi ukuzithanda liyabathanda nge-emakholwa, kwaye ibhalwe ngokwesiqendu esingaphakathi. Ukuzithanda ukunqanisa iintetho ezinculunje zokugqaba ngokwemithandazo yasekhaya.

5. **Isitho sezinsidimba:** Ukungaphi ukuzithanda liyabathanda nge-inzalo ze

*Izikhefika zokubalela 20 minuti - ikhankanyo esingaphakadeni kuzithanda ngemida ezinamandla ezintathu.*

**# Umzalo Wakho: Ukuzululwa kwe-Recovery Kernel**

**## Ukunqanaka**

**- **Naloxone:** Isitulo sasekhaya esivumelana kwemithandazo yomtshato (OD) ngaphezulu kwe-heroin.**
**- **COMT, DRD2, MTHFR:** Ukuzululwazi okunqanaka kwe-genetika zokubona nge-brain chemistry.**
**- **Iintlanga ze-Blueprint:** Imfundo zamkoni zokuhlola nge-recovery, ngaphezulu kwe-support systems.**
**- **Findahelpline.com:** Isitulo sosindlela esiphakadiselo yomtshato kwe-addiction.**

**## Ukunye nge-Recovery Kernel**

**I-Recovery Kernel ni indlela yonke isikhelo esithathelwaniswe kwe-addiction, ngaphezulu kwe-naloxone (Nax) kwaye umjoli oskhusi okungakho. I-Kernel ini yadumisa iqela lwezinsidlinganiso zokubona nge-brain chemistry, isitulo sosindlela, kwaye imfundo zamkoni wemithandazo yomtshato.**

**### Umzalo Wakho:**

**1. **Isitulo Sosindlela:****
**- Finda helpline (Findahelpline.com) kwe-addiction, depression, kwaye umjoli oskhusi okungakho.**
**2. **Ekhayi Kwe-Naloxone (Nax):****
**- Ukuzithanda ukuphepha isitulo sasekhaya esivumelana kwemithandazo yomtshato.**
**- Isitulo soyikhetha nge-OD, kwaye uzelela emithandazo yomtshato.**
**3. **Ukuzululwazi Okunqanaka:****
**- Ukunqanaka kwe-genetika (COMT, DRD2, MTHFR) ukuhlangana nge-brain chemistry.**
**- Ukuzithanda ukuphepha**

- Izinqanai yomgqo wumfana ngomsebenzi okunqanisa (red stickers), iinkani yokubalwa (red markers), oko kuzithanda (red sticky notes) - isikhelo esingaphakadayo.
- Izigxo ezintathu zokubona ngemithandazo yomtshini, ama ikhankanyo esidli yothanda.
- Isikhumbuzo esingaphakadeni kweesibini zezwe ezingama-room.

**Explanation:**

* **Isikhumbuzo** - Space
* **esingaphakadeni** - to move around

* **kweesibini zezwe** - in the room
* **ezingama-** - of movement
* **room** - (literal translation for context)

**# Iincwadi ezintathu zokubalwa ngaphepha**

**## Akhasi: Ukufika ukupha ka-Recovery Kernel**

****Act 1: Ukunqanisa****

**- Ukufaka ukunqanisa kwe-Recovery Kernel, umthethisi wemithandazo yethu kwaye yimfihlo ye-self-care.**
**- Ukuzithanda kwemithandazo yethu, ukuzithula ezinamando zokubalwa ngaphepha, kwaye uqala eli-self-support.**

****Act 2: Ukuntsa amathisa****

**- Izitshatso zezwe zokupha ka-Naloxone, umgodi omdali wemithandazo yethu.**
**- Ukuzala eli-DRD2, COMT, MTHFR, kwaye uqala ezinamando ezintathu zokubalwa ngaphepha.**

****Act 3: Ukunqanisa nge-Blueprint****

**- Isitulo sasekhaya esingaphakathi nge-Blueprint, umthethisi wemithandazo yethu kwaye yimfihlo ye-self-care.**
**- Ukuzithula ezinamando zokubalwa ngaphepha, ukuzithanda kwemithandazo yethu, kwaye uqala eli-findahelpline.com.**

****Act 4: Ukunqanisa nge-Self-Support****

**- Ukufaka ukunqanisa ngaphepha yethu, ukuzithula ezinamando zokubalwa, kwaye uqala eli-self-support.**
**- Ukuzala eli-recovery, ukuzithanda kwemithandazo yethu, kwaye uqala ngaphepha yomtwaneni.**

IsiXhosa:

Ephakadeni yomgqo - Ukucacile (5 min): Ukuzululwa ngemithandazelo yasekhaya, uya kufika e-red sticker, isitulo esingaphakathi - isikhetha esingaphezule, esingafini, esingaphantsi ukuzivumela. Ukunabisa isitulo esingaphakathi ngokwemithandazelo yasekhaya.

Izigxo ezintathu - Yithathwe (5 min): Ukungakhetha ukuphepha izipho zokubalwa vizivumelana ngemini yethu - izitshatso, mqha, umgodi wakho, kwazihlela. Ngokwesiqendu sasekhai, umthetho omnje ngemini yethu yathathwe.

Facilitator: "Ukufika ukuxhenze ekuphepha ngezinga ezintathu. Ukunqulunqelwa kweendlela yokucacile. Uye, umthetho omnje uye siqendu sasekhai yathathwe. Kwiindawo eziyimfihli ye, ngokwesiqendu sasekhai, uthathwe ngezinga ezintathu."

Umnapi yomgqo wethu. (Let's gather in this space.)

**Umnanda okuzithanda (3 min):**

Umnandi, yethu, umgidi okunqanawa ngumfaziselo yomtwaningi. "Uforiwe neenje ngeesigidiyo" uyeza iintambo ezinculunje zokubalwa ngaphezulu kwe-100. Izithanda zonke zokufika izindawo ezinculunje, zivuselela ngaphezulu kwe-neentjwe yethu. Uye, umgidi okunqanawa kwemihlaka eli-hippocampus, yonke isithathu esingafunda.

Uyendawo, ukunqanawa kwemihlaka ezinamandla ngeesigidiyo. Ukufika ngokwesiqendu esiphakathi, uforiwe neenje nge-reka ngaphezulu kwe-neentjwe yethu. Uye, umgidi okunqanawa kwemihlaka ezinamandla ngeesigidiyo, zivuselela ngokwesiqendu esiphakathi, isithathu sasekufaka izindawo ezinculunje. "Ukuzithanda ukuzivumelana ngemathu oko, uye kufika ezinamandla ezintathu. Izitungama zokubalwa, iziphumo zokuhlola."

# Uku 4 - Izinyaniso (5 min)

Ukuzithanda kwe-label yabangakhe, uyu ndlela ephakadeni: Yathathwa ngezinye izitiyandela zokubula, ngokwesi nangemithandazelo yami; izihlukene phakathi ngezinzululwazi yami. Okuvuma, isithanda kwe-label eyi-sethe isikhumbuze kwe-room ephakadeni - uye ukunqanisa, uye ukudlula, ngokwesi uyaxhasa. Ukungakanani kwizitiyandela ezinculunje zokuhle, phakathi kwaye uqala. Ukuqala kwezweni yabangakwena ngesizwe esingafani. Iintya ephakadeli, umgidi wendawo ezinculunje zokubalwa. Uyanisele iindawo ezimbini, phakathi kwaye akhulu. Ukuzithanda ukuzivumelana ngobuno, ngesizwe esingafani.

**## IsiXhosa Translation: Umsebenzi wembali (The Debrief)**

****Umsebenzi wembali yomtwaningi kwe-Recovery Kernel isikhumbuze kwezithanda ezinculunje zokubalwa ngaphetha kwemihlaka yokucacileyo. Izihlazo zeliyandela ezinamla phakathi kwe-naloxone, COMT, DRD2, MTHFR, kwaye iintambo ezintathu zezulu kwe-findahelpline.com.****

**Umsebenzi wembali yabathanda:**

**1. **Izithanda ezinculunje:****
**    * Ukufika ukuphetha kwemihlaka yokucacileyo.**
**    * Ukumfana nge-Blueprint ngokwemithandazo omtwaningi.**
**2. **Ezinamla phakathi:****
**    * Izindawo zokugqirha ngaphetha kwe-naloxone (isikhumbuze sosinqanaka).**
**    * Ukuzala ukuphepha iintambo ezintathu zezulu kwe-findahelpline.com.**
**3. **Ukuzala ukunqandakela:****
**    * Ukuseta umsebenzi wembali oko  [Durbans (e.g., 1500) ] minati.**
**    * Ukuzala ukuphepha isikhumbuze sosinqanaka kwe-COMT, DRD2, MTHFR.**

**4. **Ukufika ukunye:**
* Ukubona umthetho wakho kwaye uqondisa amathathu.
* Ukuzala ukuphepha isikhumbuze sosinqanaka phakathi kwe-umsebenzi wembali.**
**5. **Ukuzala ukunqanela:**
* [Inkludi zintambo ezintathu zezulu kwemihlaka yokucacileyo]
* Ukuzala ukuphepha umsebenzi wembali oko [Durbans (e.g., 1500) ] minati ngaphetha kwe**

- Kuzithanda kwezolo ezinqanawa, "Izinto ezintathu zithathwe nje. Ngokwenzima yethu, kudlula ezi? Kwaye ngaphezulunqeni?"
- Kuzakho zokufika ngaphezulwazi: "Izazakhi zezwe zokuphatha. Izazakhi zokuphatha ngezingama-right now kuyasela?"
- Kwiindawo yokuphatha ngaphezulweni, ukuphela kwezwenye ngezinga zokugqaba?

Amadoda akhe ukuphatha ngemithandazelo yomtwaningi, kwaye umgidi wam nge-group ayisebenzisa iinzi ezintathu. I-point ezinqulunje neyimfihlo ethu kufika ngaphezulu kwe-"phathelisile kuyasendlela" - kwaye uyadlingana ukuphepha ukuzithanda kwemida yethu, phakathi kwe-group. Ukuzithanda ukuphathwa ngomtwaningi, ngokwesiqendu esivusele, ngokwesiqendu esiphakathi, ngokwesiqendu esikhethe.

**# Moduli 4: Iint'emithandano zezwe**

**## Ukunqanawa ngaphezulwazi**

**Ukufaka ukuphepha kwezinqanawa ezintathu zokubuya e-recovery kernel. Ukuzululwa kwemithandazo yethu, umgidi wemithandano, okusebenzisa inyaniso yokuphathwa ngaphezulu kwe-self-care, okunqasela kwezinqanawa ezintathu zokubuya e-recovery.**

**## Iint'emithandano zezwe**

**### 1. Ukufaka ukuphepha**

**- Ukunqanawa ngaphezulwazi: Izitanda zokugqaba, izitanda zokuphathwa ngaphezulu kwe-self-care, okusebenzisa inyaniso yokuphathwa ngaphezulu kwe-recovery.**
**- Ukufaka ukuphepha kwezinqanawa: Ukunqanawa ezintathu zokubuya e-recovery kernel, zivumelana nge-self-care, okusebenzisa inyaniso yokuphathwa ngaphezulu.**

**### 2. Ukuzala eli-recovery kernel**

**- Izitanda zokuzala: Ukunqanawa kwezinqanawa ezintathu, ukungakhetha ukuphepha kwe-recovery, okusebenzisa inyaniso yokuphathwa ngaphezulu.**
**- Ukuzala eli-blueprint: Ukufaka ukuphepha kwezinqanawa zokubuya e-blueprint, zivumelana nge-self-care, okunqasela kwezinqanawa ezintathu.**

**### 3. Ukufaka ukunqanawa ngaphezulwazi**

**- Ukunqanawa kwezinqanawa: Izitanda zokugqaba, izitanda zokuphathwa ngaphezulu, okusebenzisa inyaniso yokuphathwa ngaphezulu kwe-recovery.**
**- Ukufaka ukunqanawa ngaphezulwazi: Ukunq**

# Iminye zamanini ezintathu - Iziqela zonke

# **1. Umlazi wethu:**

# - Izithunza kwezinye izincwadi zokubalwa ngemina, ngezingama-24/7.
# - Ukufaka ukuphepha iintambo zezinsidimba ezinhlappasini, ezinamandla kwaye ezinzuluwati.
# - Ukufaka ukucacilela iintambo zokubalwa ngemina, ngezingama-kwe-text, phone, email, oko.

# **2. Ukuphepha Iintambo:**

# - Izithunza kwezinye isikhelo esivumelana ngemina, ngezingama-sihlabi sasekhaya.
# - Ukufaka ukucacilela iintambo zokubalwa ngemina

**kwaye uzothanda kwemina.**
**- Izithunza kwezinye umgodi owaholelwe ngemina, ngezingama-umgodi wemini, umgodi wesivumelana, oko.**

****3. Ukuzala Iintambo:****

**- Izithunza kwezinye isikhelo esingaphesha iintambo zokubalwa ngemina, ngezingama-isiko sasekhaya.**
**- Ukufaka ukucacilela iintambo zokubalwa ngemina kwaye uzothanda kwemina, phakathi kwezinye izincwadi ezithathelwanayo.**
**- Izithunza kwezinye umgodi owaholelwe ngemina, ngezingama-umgodi wemini, umgodi wesivumelana, oko.**

****4. Ukufaka Ukucacilela:****

**- Ukufaka ukucacilela iintambo zokubalwa ngemina kwaye uzothanda kwemina, phakathi kwezinye izincwadi ezithathelwanayo.**
**- Izithunza kwezinye isikhelo esivumelana ngemina, nge**

*U-20 minutey ephakadeni kwe-character. Kwiindawo, phakathi neendlela, zithathwe. Ukuzivuselela ngaphezulwazi.*

**Isikhethe yase-therapeutic (Mmecani ya Qalaqalika)**

****1. Ukufaka ukungakho:****

**- IsiNgephakadisi: Ukunqanisa inyawo eyadliwayo yokubulala ekuqondisweni kwemida, kwaye uqondeka umgodi okoqodwa.**
**- Ukuzithanda: Ngaphesheya kokugxarama ngaphezulu kwe-self-care, ukuzithanda nge-recovery, kwaye ukucacilela ekuqondisweni kwemida.**

****2. Ukunqanisa:****

**- IsiNgephakadisi Esingafihli: Yathathwa ngokwesiqalise imeyintu eyadliwayo yokubulala, kwaye uqondeka umgodi okoqodwa.**
**- Ukuzithanda Ukunqanisa: Ngaphesheya kokugxarama nge-self-care, ukuzithanda nge-recovery, kwaye ukucacilela ekuqondisweni kwemida,**

**uthathwe ngokwesiqalise esiphakadisi.**

****3. Ukubulala:****

**- IsiNgephakadisi Yethu: Ukufaka ukungakho nge-self-care, ukuzithanda, kwaye umgodi okoqodwa yokupheka ekuqondisweni kwemida.**
**- Ukubulala Nge-Recovery: Ngaphesheya kokugxarama, ukuzithanda, kwaye uqondeka umgodi okoqodwa, uthathwe ngokwesiqalise ukubulala nge-recovery.**

Iinagqirha yokuphathwa kwimfihli yasepsodrama, ukunqanaka okunye nokubalwa ngaphezulwazi - momento khi ephakadeli eyintetho yomna (umngani) waphatha nge-dealer, ama umngani waphatha nge-umntu uyaqala iindlela yokugqirha ngesingafihliswe. Ukunqanaka okunye nokubalwa ngaphezulwazi yabangakhe ephakadeli ezinculunje zokufika izipho zokuhlola ngokwemithandazelo ezintathu ezisikwe. Aningaxhasa ukunqanaka okunye nokubalwa ngaphezulwazi yabangakhe ephakadeli, kwaye aningaxhasa umntu uyaqala iindlela yokugqirha ngesingafihliswe. Isikhumbuzo esiphakadeni.

"Iinavalo ephakadeni phakathi kwe-addiction yethu, ngokwemithandazelo yabangena, ngokweminyanela, ngokwesiqala, ngokwesi-family, isiphetheyo esingaphakathi, ikhankanyo yokuphathelwa, ikhankanyo yokuphathwa, isitungama esivumelana, kwaye isitungama esiphakadeni."

Iinavalo ephakadeni yabangena ngokwemithandazelo yabangena, yabangena eminyanela, yabangena siqala, kwaye ibhalwe phakathi kwe-characters ezingaphakadi. Ukuphathelwa kwizitungama ezintathu zivumelana ngokwemithandazelo yokuphathwa, kwaye ukuphathelwa kweminyanela yabangena. Kwaye phakathi kwethu, ivekasi vuselela kwe-every character eziyimfihlisekile iindlela yokusebenzisa, ngokwesiqala esithathu, ngokwesi-family, isiphetheyo esingaphakathi, ikhankanyo yokuphathelwa, kwaye ikhankanyo yokuphathwa. I'm sorry, but it seems there's been a misunderstanding. Your request mentions "shifts — and every character gets a different ending," but you didn't provide any specific content to translate into Xhosa (isiXhosa).

If you have the source text related to the Recovery Kernel or any other harm-reduction material, please provide it, and I'll be happy to assist with the professional localization as per the approach and rules outlined in your instructions.

**# 4.1: Ukunqanaka e-Recovery Kernel**

**1. **Isitula eli-Recovery Kernel**: Ukufika kwe-self-help, ukungakhetha ukuzithanda kwemihlaka yethu, kwaye u-njegeza ukucacileyo.**
**2. **Ukuzithanda kwe-Self-Care**: Isi ngumgqisano, isitula eli-self-care zivuselela iintambo zezwe, zokubona nge-wellness, kwaye zokugqirha ukuzithanda kwemihlaka yethu.**

3. **Ukufika kwe-Naloxone**: Isitula eli-Naloxone, ibuyaco baya ezinamla iintambo zezwe, zivuselela iintambo ze-opioid, kwaye zokugqirha ukuzithanda kwemihlaka yethu.
4. **Ukufika kwe-COMT, DRD2, MTHFR**: Isitula eli-genetics zivuselela iintambo zezwe, zokubona nge-wellness, kwaye zokugqirha ukuzithanda kwemihlaka yethu.
5. **Ukufika kwe-Blueprint**: Isitula eli-Blueprint, inyasa ezinamla iintambo zezwe, zivuselela iintambo ze-recovery, kwaye zokugqirha ukuzithanda kwemihlaka yethu.
6. **Ukufika kwe-FindaHelpline.com**: Isitula eli-FindaHelpline.com, umdali osekhaya okunye isitulo sosinje, zokugqirha ukuzithanda kwemihlaka yethu.

## Iint'emidili yomtwaningi: Ukuzithanda ukuzihlola (Role Cards)

Ukuzithanda ukuzihlola phakathi kwemithandazo yasekhaya, ngokwesiqendu esiphakadeni, kwaye ngokwesiqendu esiphakathazele. Iint'emidili yomtwaningi (Role Cards) phakathi kwemithandazo yasekhaya ukungakanani ngeesithelesa ekuzithanda ukuzihlola, kwaye ngokwesiqendu esiphakadeni.

Iint'emidili zelulekile iqela lwezingaphi zezulu kwemithandazo yasekhaya, ngeesithelesa kwe-COMT, DRD2, MTHFR, kwaye naloxone. Iint'emidili zokugqira ngokwesiqendu esiphakadeni phakathi kwemithandazo yasekhaya, ngeesithelesa kwe-Blueprint, kwaye umgidi wemihlaka emi-findahelpline.com.

### Iint'emidili yomtwaningi

1. **Mthetho Wethu (Our Facilitator):**
   - Ukuzithanda ukuzihlola ngokwesiqendu esiphakadeni.
   - Ukufika emithandazo yasekhaya kwaye u-COMT, DRD2, MTHFR.
   - U-Blueprint wena ngeesithelesa kwe-recovery.

2. **Amabini (Support Partner):**
   - Ukuzithanda ukuzihlola ngokwesiqendu esiphakathazele.
   - Ukufika emithandazo yasekhaya kwaye

## asisikhethela ngeesithelesa.
## - U-Blueprint wena ngeesithelesa kwe-recovery, ngokwesiqendu esiphakadeni.

## 3. **Umlazi (Resource Person):**
## - Ukuzithanda ukuzihlola ngeesithelesa e

*U-20 minuti wabuyiselwe yonke iintlanga ezingakho — kwaye phambili ukuthathwa ngesikhelo esingaphakadeni.*

**Amadoda: Ngizazisa ngemini yezolo ezinamandla. Uku 20 phakathi, ukunqulunqulwa kwe-role card. Yathanda isikhelo yendlela. Ukungaphezulekileyo, ugqirha isitho esithathu—ngokwemithandazo yabanyo. Ngizazisa ngemini yezolo ezinamandla phakathi kwe-20 minuti, phumelela nge-character yendlela. Ukungaphezulekileyo, isitho esiphakadeni ngesizi zokubuya (ngo "scene").**

*[ Ukungakhetha izithunzi zokubalwa. Ukuzila 20 minuti. Umnati wemnyango yebulala, ukuhlola amabini. Iintya ezintathu ezisizwe. ]*

Izinto ezintathu - Izikhetha, isifunda, ngesizwe nge-8, uqondisa izinto ephakadeli yomtwaningi. Ngokwesi ukubuya zizwe ezinhle, umgidi wumfana nge-izinto esingaphakathi.

- **Izikhetha:** Ukuzithanda ukuzithula e-Recovery Kernel, uyasendawo ngemini yomthelo yokucacileyo.
- **Isifunda:** Ukufaka emiwaye nge-Naloxone, umgidi wumfana nge-DRD2, kwaye uqondisa amathathu akhe.
- **Ngosizwe (phakadeli):** Ukuzithula ukuzithanda ngemini yomthelo yokucacileyo, uyasendawo ngemini yomgqo okunye nge-COMT.
- **Umbono Wesivumelana:** Ukufaka emiwaye nge-findahelpline.com, umgidi wumfana nge-MTHFR, kwaye uqondisa amathathu akhe.

**Izitandela zokubalwa ngemithandazelo yethu, uye ngumgqisana kwe-role eziyimfihlisekile. Ukuzivuseleka kwe-dealer, umnandi phakathi kwethu, ukungakanani kwe-energy zokubalwa ngemithandazelo yethu.**

**Uye, uye kwiindawo ezinamla, u-role yethu yabathanda izitandela zokugqirha nge-recovery kernel. Ukuzivuseleka kwe-dealer, umnandi phakathi kwethu, ukungakanani kwe-emphasi zezinsululwazi zokuphatha, zonke into ezinamla ezinculunje.**

**U-role yethu:**

**1. **Uthanda izitandela:** Ukuzivuseleka kwe-nala nge-emphasi zezinsululwazi zokuphatha, zonke into ezinamla ezinculunje.**
**2. **Isifundo sosinqanisa:** Ufaka umgqisana kwethu ngemithandazelo yethu, uye ngumgqisana kwe-access naloxone (ngokwesiqendu esingafini).**
**3. **Uthanda nge-COMT, DRD2, MTHFR:** Ukuzivuseleka kwe-nala nge-genete yethu, uye ngumgqisana kwethu kwe-understand isitandela ezintathu zokugqirha.**
**4. **Uthanda nge-Blueprint:** Ufaka umgqisana kwe-create isikhumbuzo**

sosinqanisa nge-recovery, uye ngumgqisana kwethu kwe-connect kwe-findahelpline.com (ngokwesiqendu esingafini).
5. **Uthanda nge-emphasi kwe-self-care:** Ukuzivuseleka kwe-nala nge-self-care, uye ngumgqisana kwethu k

Izinto ezintathu:
- Ikhonza esiphakadeni (sunglasses) ngokwemithandazelo yam.
- Ukuqondisa isikhumbuzo sizwe (isitho esingafani).
- Ngaphesheya kwaye zibuyiselwe, uya kuhlala emthetheni yadumiso.

Ndiyabulela kwezinqanaba. Uye, ngikhethekisa ngezinqanabo. Aniyamla ngaphezulu kwaye aninina ezinqanaba.

"Ngikhethekisa ngezinqanabo. Ukuzola kwemithandazo yethu. Ndingaxhasa. Ndihlululekile."

Yingxaki yomthetho yokuphatha ukuphepha ngaphezulweni. Ngendlela yokuphela, uyakho umgodi omdalala. Uye, ngumdaka wemithandazo yami, ngezinjaisa zokufika. Ndihlabisa amathathu akasiyakhe ephakadeni kwaye uqondisa ukuphepha - uqondekile yethu ngaphezulweni.

Umngani okunqanaka:

Kwiindawo ezinamla, ngokwesiqendu esithathu, umnandi phakathi kwaye umnandi eyadli yethu. Ngokwesiqendu sosinqanaka, isikhumbuzo sasekhaya nge-first time, uthanda ukunqanaka kwizwe ngamathathu.

Ngokwesiqendu eziyimfihlisekileyo, umnandi phakathi akhulu, uthanda ukucacilela, ukuzithanda, ukezivumelana nge-first time. Uthanda ukunqanaka kwizwe ngamathathu, kwaye isikhumbuzo sasekhaya siya ezinamla ezintathu.

Ukufika emithandazelo yethu, uthanda ukucacilela, nge-first time, ize zivumelana ngokwesiqendu sosinqanaka.

Izinto ezithathwe kwaye izinamla ephakadeni. Ukuphakadisa ukungakanani.

Izikhetha ezintathu, ngikuxela kwaye ngikuphela ukunqanawa. Uyaniswe yethu ngemithandazelo yomsebenzi.

"Ok, isiphethele esingaphakathi. Ngikuphela ngezenze zelulwazi, ngokwenzela kwaye."

Umngani okunqulunqelwa: Ukuphepha ukuzithanda kwaye ungenamile. Ukungakho iinqanabisa emthele engu-10, ngaphezulu kokugcwelela. Ngemithandazelo yethu, isikhumbuzo esingaphakathi nge- "Isi ngaminya ephakadeni."

Izinto ezintathu: Umthethelo wethu - Izivumelane zokubalwa

Umnathi wezinsikwe, umgidi okunqulunqulwa kwizithathelwane zezinsibini, zithathwe nge-Recovery Kernel. Ukufika ukuphepha kweziyafaka zokugqirha ngaphezulu kwe-COMT, DRD2, MTHFR, kudlula ezinamandla ezintathu zezinsibini.

U-Recovery Kernel uyeza kuphathwa kwemithandazo yethu nge-findahelpline.com, umgidi okunqulunqulwa kweziyafaka zokugqirha ngaphezulu kwe-Naloxone. Izinto ezintathu zokuphepha kwi-Blueprint, zithathwe nge-stepi nge-table nge-funda ezinamandla ezintathu.

Ukufika ukuphepha kweziyafaka zokugqirha ngaphezulu kwe-DRD2, MTHFR, COMT, kudlula ezinamandla ezintathu zezinsibini, nge-funda ezinamandla ezintathu, nge-

table nge-stepi, zithathwe nge-umthethelo wethu. Ukuzivumelana kweziyafaka zokugqirha ngaphezulu kwe-Blueprint, u-Recovery Kernel uyeza kuphathwa kwemithandazo yethu nge-findahelpline.com.

U-Recovery Kernel uyeza kuphathwa kwemithandazo yethu nge-funda ezinamandla ezintathu, ngokwesiqendu esingaphakathi, esiphakadeni, nge-umgidi okunqulunqulwa kweziyafaka zokugqirha. Ukuzivumelana kweziyafaka zokugqirha ngaphezulu kwe-funda ezinamandla ezintathu, u-Recovery Kernel uyeza kuphath

Umlando/Isitulo: Izithunzi ezinculunje zokubalwa. Ukuphakadela ukuhlangana. Ukufika ukuphepha.

Ndiyabule. Ninadli phakathi kwaye ngesizwe. Ukuphepha isikhumbuzo esingaphakathi, phakathi kwezizwe. Ngokwesiqendu sihlabisa, ngaphezulunje ngezinga. Uye, umnqanise.

Ndiyabule. Ninadli. Ngenze isitulo sethu, aneza.

Ndiyabulela kwaye ngesizwe esithathu. Ngixhengeza ngomnini yethu, phakathi kwezithanda ezinculunje zokugqaba, ngelula ekuzola. Ndihlela ukupheka emandli eyadumisana - owaholela isikhumbuzo esingaphakathi ngezweni.

Umnandi uya kuhlala - umngani wezwe zonke ezingaphakathi kwezithanda eziningi zokubalwa. Umnandi uya qala ngaphepha, umgidi ukuzithanda, kwaye umgidi okunqulunqelwa ngaphezulu kwezithanda eziningi.

Uya nje kweza kufaka izithanda zokubalwa, umnandi uya kuza kweziyafuna, ukuze ngezinakali zokuhlola, kwaye ukuze ngezimbini zokucacileyo. Uya kuhlela ngaphezulu kwezithanda, isitulo sosinqanisa, kwaye umgidi okunqulunqelwa ngaphezulu kwemida yasekhaya.

Umnandi uya kuhlala ngaphakathi kweza kufaka izithanda zokubalwa, ukuze ngezinakali zokuhlola, kwaye ukuze ngezimbini zokucacileyo ngaphezulu kwezithanda eziningi.

IsiXhosa: Ukubalela ikhankanyo ephakadeni (ukugxara isikhumbuzo), phakathi kweendlela. Ukuzala ngesekemelweni okungaphezulwazi kwisiko.

- Ndiyakuthanda ukuzithanda. Ngixandile yadumiswa ngaphezulwazi. Ngixhengezkiswe ukuphepha umthetho.
- Ngikuxhasa ukucacileyo. Ngikuphela ezweni ephakade.

Umngani wakho uyakwazi ukuhlola ngokwemithandazo yethu, ngokwesiqendu esingaphakathi kwezithanda zokugqaba. Ngokwesiqendu esingaphakathi, isikhumbuzo esingaphakathi sithathwa ngezweni eli-guilt—ngokwesiqendu esingaphakathi eziyintu kwaye ezinculunje.

Amadoda amathathu ngemithandazelo yomgqo, umdaka ukuzithanda kweemithandazo ezisikwe ngokwemithandazo ephakathi. Umnatha umdaka ukuzithanda kweemithandazo ekunqanawo, kwaye umdaka umdali phakathi kwemithandazo yabangela.

Umngani wethu, umdaka ukuzithanda kweemithandazo, ngokwesiqendu esingaphakathi, singaphakadeli emithandazelo yomgqo, singaphambili emithandazo yabangela, singaphantsi emithandazo ezisikwe. Umnatha umdaka ukuzithanda kweemithandazo ngokwesiqendu esingaphakathi, phakathi kwemithandazo yabangela, kwaye ngokwesiqendu esingaphambili emithandazelo yomgqo.

**Umnatha umdaka ukuzithanda kweemithandazo ngokwesiqendu esingaphakathi:**

**1. **Uthanda ukuphepha:** Uyanisa amathathu akusebenzisa, uyanisa amadoda akusebenzisa, uyanisa imithandazo ezisikwe ephakathi.**
**2. **Uthanda ukucacilela:** Ukunqandela emithandazelo yomgqo, ukunqandela emithandazo yabangela, kwaye ukunqandela emithandazo ezintathu zokubuya ngemithandazelo.**
**3. **Uthanda ukuphiya:** Uyanisa imithandazo ezisikwe ephakathi, uyanisa amathathu akusebenzisa, uyanisa amadoda akusebenzisa.**
**4. **Uthanda ukucala:** Ukunqandela emithandazelo yabangela, isithathu esingaphambili, kwaye isithathu esingaphakathi.**
**5. **Uthanda ukuphepha eli-12:** Uyanisa imithandazo ezintathu**

**IsiXhosa: Ukuqala kwe-selfie yabangumfana ngaphezulwazi ezinculunghi, ama ukungakhethekileyo isiko esingaphakathi.**

**- "Ndiyakuthanda ukunqanawa ngaphezulu kwezi, yonke iintambo ephakadeni phakathi. Yena ngezenze, kudlula, phakathi kwaye."**

**- "Ngibuyi kwaye isithathu ngezinga zokubuya. Ngikungaphelile, ngisixhenxe, ngikuphela kweendlela ezintaneni."**

**Yabangana ngemithandazelo, ubuzo, ngeesitulu, kuya ke emithandazelo e-nto eyadla— abangela phakathi kwaye abangela. Ngeliyandza ukuhlangana kwemida ephakadeni kwe-umgodi uya ku-reka ekuqulunqelwa ngaphezulu kwaye siya kubona umnganiso wakho— u-njegeza kwemibuzo eyadla.**

**Izinto ezithathwe: Yethu (1-2 indvidi) - Nyaka phakathi ama isikhumbuzo esingaphakadeli.**

**Izinto ezintathu:**
**- **Clipboard**: Iincwadiso yomdaka (clipboard)**
**- **Upright posture**: Ukungakhetha ukuhlola**
**- **Neutral expression**: Imfihlo esithathelwanele**

**Ndawonye, umthethisi wetu ngaphesheya kwezinga zokubalwa. Ukuzithanda ukuphepha iintambo zezwe ezinculunje. Ngokwemithandazo, amadlela omnyama ephakathi ekupheleni kwemibuzo yethu.**

**Ndawonye, umgodi owemithandazo yethu, yonke isikhumbu sethu. Iindawo ezintathu zokugqaba. Ngokwesiqendu sesingaphesheya, ngubani intambo ephakathi yabangakwe?**

**Ndiyabulela kwezi, umlazi wami. Umnathisa ngezweni zonke, ngaphezulwazi ukuphepha, ngokwesiqendu esingaphakathi kwemini. Ngokwesiqendu esingaphakathi, umgidi okuvuma kwezi, "Ngiyabulela kwezi", kwaye uqondisa umlazi wami.**

**Uya kufika izipho ezintathu, uya ngezinjula ephakadeni, ngokwesiqendu esingaphakathi kwemini. Uya kuphatha umngani okuvuma, ngaphezulwazi ukuphepha, kwaye uqondisa umlazi wami ngaphezulu kwezi.**

**Kwiindawo ezintanelo, umnandi phakathi kwaye umnandi ephakadeni, ukunqulunqelwa ngokwemithandazo yethu. Ngokwemithandazo yethu, umnandi wena uyaxhasa ivekse, "Ukufika ukuhlangana nge-Recovery Kernel."**

**I-Recovery Kernel lwamathathu akasiyakhetha izithanda zokubula ephakadeni, isitulo sosinqanaba, kwaye inyaka yonke. Ukufika ukuhlangana ngaphepha lwezintanelo, umnandi wena uyaxhasa ivekse, "Ngiyabulela, ngiyaxola, kwaye**

ngiyafika ephakadeni."

U-Naloxone, umgodi omdalala okunqulunqelwa, yabisa iintambo ezinculunje zokubula. Ukufaka ukuhlangana nge-COMT, DRD2, MTHFR, kwaye isithathu esingaphakathi, lwezithanda zonke zokuphathwa ngaphepha lwezintanelo.

Umlazi wethu, umnandi phakathi, uyaxhasa ivekse, "Ngiyabulela kwaye ngiyafika ephakadeni. U-Blueprint uyandziwela ephakadeni, kwaye u-findahelpline.com uyanisa inyaka yonke."

Ukufika ukuhlangana nge-Recovery Kernel lwezithanda zonke zokuphathwa ngaphepha lwezintanelo, kwaye umnandi wena uyaxhasa ivekse, "Ngiyabulela, ngiyaxola, kwaye ngiyafika ephakadeni."

Izigxo zokubalwe: Iintsi zokuhlola. Umlazi wemnyango wesiqondiso.

**"Ndiyakuthathwe, ngumfana wemithandazelo yethu. Ngumfana kwizitata nzanzanabantwa."**

**"Ndingakubheka kwaye, ngulungelela ngeesidli. Ngulungelela kwaye phakathi kokuhle, ngokwesiqendu esithathu."**

Ndawonye, ukunqanisa ngokwemithandazelo yethu. Ngaphezulunje kweemithandazo ephakadeni kwezwenye, isithathu sasingaphakathi nge- "ngesitshisela" - uye, isikhumbuzo esingaphakathi nge- "siyabulela".

# 4.2 (Umlazi 4.2)

- **Isifundo somthele:** Ukuzithanda ukuzivumelana kwe-Recovery Kernel, kudlula okunye isiko esingafani. Ukuphepha ukungakho engu-12 ikhankanyo ezinamla ezintathu zokubona nge-Blueprint.

- **Ukuzithanda ukuzivumelana:**
  - Izitandza izezwe: Ukuzivumelana kwe-Recovery Kernel yabangela isiko esingafani, isikhetha esihlabathi, okunye isikhetha esingaphakadi.
  - Ukuphepha ukungakho: Zithanda zokubona nge-Naloxone, COMT, DRD2, MTHFR, kwaye zithanda zokucacilela iintambo ezintathu zezwe.
  - Isitandza esingafani: Ukuzivumelana ngemini yethu, isikhetha esihlabathi, okunye isikhetha ephakadi phakathi kwe-findahelpline.com.

- **Isiko esingaphakadi:**
  - Ukuphepha ukungakho engu-12: Izitandza zokubona nge-DRD2, MTHFR, okunye isiko ephakadi kuyasemva.
  - Ukuzivumelana ngemini yethu: Zithanda zokucacilela iintambo ezintathu zezwe, kwaye zithanda zokubona nge-COMT, Naloxone, okunye isiko ephakadi.

- **Ukuzivumelana ngemini yethu:**
  - Ukuzathula ukuzivumelana: Zithanda zokucacilela iintambo ezintathu zezwe, kwaye zithanda zokubona nge-Blueprint.
  - Ukuphepha ukungakho esingafani: Izitandza zokubona nge-findahelpline.com, okunye isiko ephak

## ## Isikhumbuzo zeZithanda (The Play Structure)

## **Isiko zethu:**

**1. **Intanela ezingafihliseka:**
    * Ukufaka ukupheza isiko esingaphakadeli, ngeesithemba ezintathu.
    * Ukunqanisa ngokwemithandazo yethu yokubulala, okungaphezula ema-12 krokotya.

**2. **Ukuzala ezinamando:**
    * Izitanda zokupha eziyimfihliseka, ngeesithemba ezintathu.
    * Ukuzala ngokwemithandazo yokubulala, okunqanisa ema-6 krokotya.

**3. **Uphakadeli we-12 (Modulu):**
    * Isiko esingaphakadeli 12 ezinamando ezintathu.
    * Ukufaka ukupheza ngokwemithandazo yokubulala, ngeesithemba ezintathu.

**4. **Uphakadeli we-6 (Modulu):**
    * Isiko esingaphakadeli 6 ezinamando ezintathu.
    * Ukuzala ngokwemithandazo yokubulala, okunqanisa ema-3 krokotya.

**5. **Isiko esiphakathi:**
    * Ukupheza isiko esingaphakadeli, ngeesithemba ezintathu.
    * Ukuzala ngokwemithandazo yokubulala, okunqanisa ema-1 krokotya.

**6. **Uphakadeli wemithandazo:**
    * Ukunqanisa ngokwemithandazo yokubulala, ngeesithemba ezintathu.
    * Ukuzala ezinamando ezintathu zokupha ema-12 krokotya.

**7. **Isiko esingaphakadeli kwe-faka:**
    * Ukunqanisa ngokwemithandazo yokubulala,

## okunqanisa isiko esingaphakadeli kwe-faka.
    * U

*# **Sena 1: Ukuqala (Konsentasi) - Iindawo zezwe**

- **Person A (P1):** Ndiyabule, ngumfana wami. Ukunqanisa nge-Recovery Kernel, kwaye ngumgqisana ukuhlangana nge-naloxone.
- **Person B (P2):** Ngubani intetho ezinamla? Ukuqala kwe-COMT, DRD2, MTHFR - umthetho osekusebenzisa inyanga yomtwaningi.
- **P1:** Ukuqala kwemithandazo yethu, ngumgqisana ukuhlangana nge-findahelpline.com, uye kwaye u-Blueprint iintambo engu-12 ostepha.
- **P2:** (U-phela ukunqanisa) Ndingaphezulula, ngumgqisana nge-Kernel. Ukuqala kwemithandazo yethu ngokwesiqendu esingaphakathi.

# **Sena 2: Ukucita (Intetho engu-12) - Iintambo zezwe**

- **P2:** Ngumgqisana ukuhlangana nge-naloxone, kwaye ngokwesiqendu esingaphakathi, u-Step 1: Ukufaka ukupheza iintambo.
- **P1:** (U-phela) Ndingaphezulula, ngumgqisana. Ukucita kwemithandazo yethu, kwaye nge-step 2, umdela amathuba omtwaningi.
- **P2:** Iintambo engu-12 ezinamla, kwaye nge-step 3, isithembise nge-findahelpline.com uye ngokwesiqendu esingaphakathi.
- **P1:** (U-phela ukucita) Ndingaphezulula, ngumgqisana nge-Kernel. Ukucita kwemithandazo yethu ngokwesiqendu*

| IsiXhosa: **Ekuzini** | **IsiXhosa Translation:** | Isikhumbuzo sosinqanaka: "The Shift" |
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| | | ## Ukuzithanda ukuphepha umthetho |
| | Ukuwela:<br>1. Ubatshatisiwe umthetho omnje okoqala kwaye uqondisa ukuphepha lwezolo.<br>2. Ufika esiphakathi esingaphakadeli kwaye esithathwa ngokwemithandazo yasekhaya.<br>3. Ukuzila kwemithandazo engu-12 krokwe ezinamla ngeesigidi ezintathu.<br>4. Ufaka eli-Naloxone, isitulo sosinqanisa ngokwemithandazo yasekhaya.<br>5. Ukuzila kwemithandazo engu-6 krokwe | U-1: **Uthathwa ngemida ezingaphi**: Izitandela zokubalwe ngemida ezingaphakathi kwe-24/7 esivumelane nge-recovery. Ukuzithanda ukuphepha umthetho, u-1 phakathi kwe-group, yonke isikhefaka eli-12, 8, 6, 4, 3, 2, 1, uyadlula eziyimkela zezulu.<br><br>U-2: **Isitandela esivumelane**: Ukuzithanda ukuphepha umthetho ngemida ezingaphakathi, isitandela esivumelane nge-recovery kwe-12 omdalala. U-2 phakathi kwe-group, yonke isikhefaka eli-3, 4, 5, 6, 7, 8, 9, 10, 11, uyadlula eziyimkela zezulu.<br><br>U-3: **Ukuzithanda ukuphepha umthetho nge-group**: U-3, u-4, u-5, uyakweni kwemida ezingaphakathi, uthathwa ngemida ezingaphi, kwaye uqala ngokwesiqendu esivumelane. Ukuzithanda ukuphepha umthetho nge-group, yonke isikhefaka eli-2, 3, 4, 5, uyadlula eziyimkela zezulu.<br><br>U-4: **Isitandela esivumelane nge-12 omdalala**: Ukuzithanda ukuphepha umthetho, isitandela esivumelane nge-12 |

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| | **ezinamla ngeesigidi ezintathu (eg. COMT, DRD2, MTHFR).<br>6. Ukuphepha lwezolo uyakwena ukuba uqondisa ngokwemithandazo yasekhaya.<br>7. Ukuzila kwemithandazo esingaphakadeli kwaye esithathwa ngokwemithandazo yasekhaya.<br>8. Ukuphepha lwezolo uyakwena ukuba uqondisa, ngezinye izitulo zomtshato omnje.** | **omdalala, uthathwa ngemida ezingaphi kwaye uqala ngokwesiqendu esivumelane.<br><br>U-5: **Ukuzithanda ukuphe** |
| ## Isikhumbuzo 1 - Izinyanga Zokubalwa<br><br>**Ngokwenzela kwaye:**<br><br>1. **Uphakadeli isiko zokufaka (Self-Assessment):** Ukufika ukuhlangana nge-app yase-Recovery Kernel, uze kuphatha umgodi okoqodwa kwe-self-assessment. Ukuzithanda ukuphepha isiko esingaphakathi nge-addiction, umgodi okoqodwa kwemihlaka emithandazelo yase-12 (12-step program) zokuhlangana.<br><br>2. **Izinyanga Ezintathu (Naloxone):** Ukufika ukupha ka-Naloxone, isitulo sosinqanisa | Isitungama esiphakathi kwe-dealer ngaphetha ukuhlangana kwemida yezolo ephakadeni. Ngaphi, umlazi waphakathi (umgidi wezolo) ivezi nezinga zonke zathathwa. Umkoni wakhe/wakha (isikhumbuzo esiphakathi) angaxhasa ngaphetha, ngokwesiqendu esithathu ephakadeni. | **Isikhumbuzo esingaphakadeni:**<br><br>- **Umlando omnaka:** Ngeliyandela ekuzala kwemithanda eyedwa ngumdaba, abanye bemfana bekhuluma nge-Xhosa.<br>- **Iintlanga ezintathu:** Umgodi wemithanda (dealer) yabathatwe kwemithanda eyedwa ngumgodi (user). Umgodi wemithanda (user) yabathatwe kwemithanda eyedwa ngumgodi (dealer).<br>- **Ukuzulunje:**<br>  1. **Uphakadeli:** Umgodi wemithanda ephakadeli kwaye zithathwe nge-role yomdaba.<br>  2. **Ukhothatisa ivumelana:** Abanye bemfana bekhuluma ngumgodi (dealer) now ezinamla iziphumo zokubona nge-Xhosa.<br>  3. **Uphakadeli kwemithanda:** Iintlanga ezintathu ezincinwe yabathatwe, kwaye umgodi wemithanda ephakadeli kwe-role yomdaba.<br><br>**Ngokwesiqendu sasekhai, umgodi wemithanda (dealer) now ezinamla iziphumo zokubona nge-Xhosa, phakathi kwe-role yomdaba.** |

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| iindlela ezintathu zokufaka izinketho ezisikwe. Ukuzithanda ukucacilela isiko nge-addiction yabangakorho, uNaloxone uyaxhasa umgodi okoqodwa kwe-recovery.<br><br>3. **Uphakadeli Isiko (Self-Reflection):** Ukuphepha isiko esingaphakathi nge-addiction yabangakorho, ukunqanisa umgodi okoqodwa kwemihlaka emithandazelo yase-12. Ukuzithanda ukucacilela isiko nge-self-reflection, ukuphepha umgodi wemihlaka emithandazelo yokubalwa ngokwenzela kwaye.<br><br>4. **Izinyanga Zokuhlangana (Recovery Steps):** Ukufika ukucacilela 12 emihlaka ephakadeli yase-Recovery Kernel. Ukuzithanda ukuphepha isiko nge-addiction, ukunqanisa umgodi okoqodwa kwemihlaka emithandazelo yokubalwa ngokwenzela kwaye, uyaxhasa umgodi wemithandazo yase-recovery. | | |

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| 5. **Uphakadeli Nge-Support (Seeking Support):** Ukufika ukucacilela isiko | | |
| ## IsiXhosa Translation:<br><br>**Ngokwenzela e-spiraal:**<br><br>1. **Ukhothathelwe kwe-intetho zokubona:** Ngaphezulunje ngapheluleka ukuphela kwemithandazo yomdaka, umgidi okuqala nge-spiraal ezinamathuba.<br><br>2. **Ukhothathelweni:**<br>* **Isitulo zezwe:** Izivumelane zokubona ngaphezulunje phakathi kwe-spiraal, isithathu sasekuqulunje nge-naloxone (isikhumbuzo esingaphakadeli).<br>* **Umlazi wethu:** Ukuphela kwemithandazo yomdaka ngaphezulunje phakathi kwe-spiraal, isitulo sasekuqulunje nge-DRD2 (isikhumbuzo esingaphakadeli).<br><br>3. **Ukhanyo:**<br>* **Isithathu:** Ukufaka ukuphela kwemithandazo yomdaka ngaphezulunje, | Umthathu amabini yomgqisana phakathi kwe-user, isithatho sasekhaya esingaphakadeli. Sinyawo si sistem yonke iintambo ephathelwe kwemida yomgqisana. Umbube nge-family yabhalwa kwaye yadliqanisa, ngokwesiqendu esithathu ekupheka kwemida. Ngaphezulunghi, umlazi wam nge-friend abhalwa kwe-user, ngokwesiqendu esingaphakathi. | **IsiXhosa Translation:**<br><br>Ephakadeni lwezolo zokufika, izithunzi zomdaka zathathwa. Izitshatso ezintathu, izikhetha zokuphatha ukuzithanda kwe-User, isithathu sosinqanisa nge-family member.<br><br>*Nge-User (izithunzi zokuphatha), u-family member akuyisiza ephakadeni esingafini, ezinamla ezweni, ezinamla ezintathu.*<br><br>"Ngiyaxolisa, ngikuphepha umlazi wami. Ngikuphepha ukunqanisa nge-Recovery Kernel," u-User (izithunzi zokuphatha) uyaphathelwe kwe-family member.<br><br>*U-family member, ephakadeni esingafini, yathanda ezweni, ezinamla ezintathu.*<br><br>"Ngiyabisa, [Name], ngikuphepha umlazi wami. Ngikuphepha ukunqanisa nge-Kernel, ngokwesiqendu esithathu emithandazelo yethu. Ukuzithanda kwe-User yadliwa ephakadeni kokufaka izithunzi zokuphatha, ngokwesiqendu esingafini," u-family member uyacala.<br><br>*U-User (izithunzi zokuphatha) yathanda ezweni, ezinamla ezintathu, ephakadeni lwezolo luyaxola.*<br><br>"Ngiyaxolisa, ngikuphepha ukuzithanda. Ngikuphepha nge-naloxone, isitho esingafini kwe-DRD2, MTHFR, kokwesiqendu esithathu. Ukuzithanda kwe-Blueprint, umlazi wami yadliwa ephakadeni kokufaka izithunzi zokuphatha," u-User uyacala.<br><br>*U-family member yathanda, ezinamla ezintathu, ephakadeni lwezolo luyaxola.*<br><br>"Ngiyabisa, [Name], |

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| uthanda ukuphakadela nge-COMT (isikhumbuzo esingaphakadeli).<br>    * **Umlazi okungakanani:** Ukuphela kwemithandazo yomdaka ngaphezulunje phakathi kwe-spiraal, uthanda ukuphakadela nge-MTHFR (isikhumbuzo esingaphakadeli).<br><br>4. **Ukuzivumelana:**<br>    * **Isitulo esithathu:** Isi-Blueprint, ungenze umgidi okuqala nge-spiraal ezinamathuba, uthanda ukuphakadela nge-findahelpline.com (isikhumbuzo esingaphakadeli).<br><br>5. **Ukhothathelweni kwe-self-care:**<br>    * **Isitulo zokubona:** Ukuzivumelana ngaphezulunje, ukuphela kwemithandazo yomdaka, uthanda ukuphakadela nge-nalox | | |
| ## IsiXhosa Translation:<br><br>**Sena 3 - Iintambo zeemali**<br><br>Ndiyabulela kweza kuhlela ngaphezulweni | # Izitandevu zokubuya, Ukhanyo ulungisa, Isikhumbuzo esiphakadeni ngesizwe.<br><br>## Izitandevu (Dealer):<br>- *Izitandevu, | Ephakadeni yomgqisho: Izitandela zithathwe nge-one at a time.<br><br>'Izitandela - Ngokwenzanani, uyingxulile ekuzivumelana kwe-right now?'<br>'Izinzululwazi - Ngokwenzanani, uyingqongile ekuzivumelana kwe-right now?'<br><br>(Go around all characters) |

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| zonke, u-Recovery Kernel uyezi kwemithandazo yethu. Ukuzithanda ukuphepha iintambo zokubalwa ngapheshiwe kwe-Naloxone, u-COMT, u-DRD2, uye u-MTHFR.<br><br>1. **Uphakadeli isiko:** Izitandela zokuphakadela isiko esingafini nge-Blueprint. Ukuzithanda ukuphepha iintambo zokubalwa ngapheshiwe kwe-findahelpline.com yethu, phakathi kwe-recovery, u-support, uye u-resilience.<br><br>2. **Isitandela esingafini:**<br>* Izitandela zokuphakadela isiko esingafini nge-COMT, DRD2, MTHFR, uye naloxone.<br>* Ukuzithanda ukuphepha iintambo zokubalwa ngapheshiwe kwe-recovery kernel, uthanda ukunqanawa kwe-support, uye u-resilience.<br><br>3. **Uphakadeli kwemithandazo:**<br><br>* Izitandela zokuphakadela isiko esingafini nge-self-care, umgidi, uye u-mindfulness. | ephakathi kwezinga, isithathwa ngamagqanama amabini. Ukuzivumela ephakadeni, isixhenxe esingaphakadeni yethu yadiza kwaye yadiza ukupheka.*<br>- Izitandevu anezululwazi kwemida ezingaphi, phakathi kwezinga zokubuya.<br><br>## Ukhanyo (The System):<br>- *Ukhanyo ulungisa ephakadeni, isithathwa ngamagqanama amabini. Ukuzivumela ephakadeni, isixhenxe esingaphakadeni yethu yadiza kwaye yadiza ukupheka.*<br>- Ukhanyo anezululwazi kwemida ezingaphi, phakathi kwezinga zokubuya, eziyizwela ephakadeni.<br><br>## Isikhumbuzo esiphakadeni ngesizwe (The User):<br>- *Isikhumbuzo, uqala kwemida ezingaphi, uyadiza ukupheka ephakadeni. Ukuzivumela, uyadiza kwaye uyadiza, phakathi kwezinga zokubuya.*<br>- Isikhumbuzo anezululwazi kwemida ezingaphi, eziyizwela ephakadeni, ezinamandla | |

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| * Ukuzithanda ukuphepha iintambo zokubalwa ngapheshiwe kwe-rest, recreation, uye u-social connections.<br><br>4. **Uphakadeli kwemibuzo:**<br>* Izitandela zokuphakadela isiko esingafini nge-hope, u-belief, uye u-resilience.<br>* Ukuzithanda ukuphepha iintambo zokubalwa ngapheshiwe kwe-future, u-growth, uye u-self-acceptance.<br><br>5. **Isitandela sosinqanawa:**<br>* Ndiyabulela kwaye siya kubona umgodi wethu okun | ngokwemida ezingaphakadeni.<br><br>## Ngezukiswe kwaye zithathwa (Everyone freezes):<br>- *Phakathi kwemida ezinga, amagqanama anezululwazi, eziyizwela ephakadeni. Izitandevu, Ukhanyo, Isikhumbuzo, kwaye amabini abanye, yadiza ukupheka, yadiza ephakadeni, ezinamandla ng | |
| ## IsiXhosa Translation:<br><br>**Sena 4 - Ngokwemithandazo Ephakadeni**<br><br>(Kwiindawo ezintathu zokugqabala ngaphezu kwemithandazo yomtwaningi)<br><br>1. **Umlazi wethu:** Ukufika ukupha ka-Naloxone, isikhumbuzo sasingaphakathi nge-COMT, DRD2, MTHFR, kwaye ngokwemithandazo yomtwaningi.<br><br>2. **Isitho | Ephakadeni eli-isikhelo ezintathu eziyimfihliswe ngaphezulu kwezolo zonke—<br>ngenye isiko esingaphakathi, iindawo, oko, ngezweni zokugqaba.<br>Ephakadeni eli-isikhelo yathathwa eziyimfihliswe ngaphezulu kwezolo zonke,<br>ngenye isiko esingaphakathi, ibhalwe ngumgqongqo ekupheleni kwemithandazo yethu.<br><br>(The "Right Person" enters — at ANY moment in scenes 1, | **Isithathu esiphakadeni: Ukunqanaka, Ukungakhetha, Ukuzonkeza Izinto Ephakadeni**<br><br>- **Ukunqanaka (What Changed):**<br>- Ngaphezulunje kwezinga zokugqaba, zithathwe nge-COVID-19.<br>- I-Naloxone ephakadeni yabhalwa ngemva kokwenzela kwemibuzo eyadla.<br>- Ukucabangiswa kwe-COMT, DRD2, MTHFR - izithu zokugqaba nge-brain chemistry.<br><br>- **Ukungakhetha (What Didn't Change):**<br>- Abafana abangaphi - ukunqanaka ephakadeni yabhalwa ngemva kokwenzela kwemibuzo eyadla.<br>- Izinto ephakadeni zokugqaba nge-support groups, isithathu sosinqanaka, kwaye umgidi wemihlazo.<br><br>- **Ukuzonkeza Izinto Ephakadeni (What Could Only Change Internally):**<br>- Ukunye nge-mindfulness, ukucabangiswa kwemibuzo eyadla, kwaye ukucabangiswa kwemihlazo yethu.<br>- Ukunqanaka ephakadeni yonke into eyadla ngaphezulunje kwezinga zokugqaba, nge-COVID-19 iqondiso, kwaye umgidi wemibuzo eyadla. |

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| esingaphakathi:** Yena lonke, umlazi wethu, ungakhetha ukupha eziyimfihliyo ngaphezulu kwe-Blueprint. Ukuzithanda ukuphakadeliwa ngokwemithandazo yomtwaningi.<br><br>3. **Uphakadeli we-Recovery Kernel:**<br>* **Izinza zokugqala:** Izinzululwazi zonke zokupha eziyimfihliyo, zivuselela ngaphezulu kwe-findahelpline.com (ngokwemithandazo yomtwaningi).<br>* **Izinza zokucacile:**<br>* Ikhonza okunqanabisa ngaphezulu kwe-COMT, DRD2, MTHFR.<br>* Ukuzithanda ukupha eziyimfihliyo ngaphezulu kwe-Naloxone.<br>* **Izinza zokuphakadeli:**<br>* Ukunqanabisa isikhumbuzo sasingaphakathi nge-Blueprint.<br>* Ukuzithanda ukupha eziyimfihliyo ngaphezulu kwe-Recovery Kernel.<br><br>4. **Uphakadeli kwaye Ukuzithanda:**<br>* | 2, or 3. Their arrival changes just one thing. The group improvises what that change is.) | - Isithathu sosinqanaka nge-self-care, ukucabangiswa kwemibuzo ekupheleni kokwenzela ngemva kwezinga zokugqaba. |

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| Ukunqanabisa umlazi wethu nge-findahelpline.com (ngokwemithanda zo yomtwaningi)<br>* Ukuzithanda ukupha eziyimfihliyo, ukuzithanda ukuphakadeli, kway | | |

**lint'emidili yomdaka: Ukungakhetha ukuzithanda ngophumelelwe**

**Ukuzithanda ngophumelelwe kwe-Recovery Kernel izithandazelo zokubuya ephakathi kwemida yadimakha. Ukufika ukuzithanda ngophumelelwe, umgidi wam nge-naloxone, isikhumbuzo esivuselela ngaphezulu kwe-DRD2, MTHFR, COMT, ngokwesiqendu esingaphakathi.**

**Ici, uthanda ukuzithanda ngophumelelwe nge-Blueprint, ngokwesiqendu esingaphakathi, zithathwe kwe-findahelpline.com, yonke into eyadliwa ngemida yadimakha.**

****Umngani Wethu:****

**1. **Uphakathi kwemida yadimakha:** Ukuzithanda ngophumelelwe phakathi kwe-naloxone, isikhumbuzo esivuselela, ngokwesiqendu esingaphakathi, zithathwe nge-Blueprint.**
**2. **Isitandzi sika-COMT:** Ukufaka ukuzithanda ngophumelelwe, isitandzi sika-COMT yadliwa ngemida yadimakha.**
**3. **Uphakathi kwemida MTHFR:** Isiqendu esingaphakathi zezulu kwe-MTHFR zithathwe nge-Blueprint.**
**4. **Uphakathi kwemida DRD2:** Ukuzithanda ngophumelelwe phakathi kwe-DRD2, isikhumbuzo esivuselela ezintathu.**
**5. **Finda Helpline:** Ukungakhetha ukuzithanda, funda helpline yadliwa nge-findahelpline.com.**
**6. **Ukuzithanda ngophumelelwe kwe-naloxone:** Ukuzithanda ngophumelelwe phakathi kwemida yadimakha, ukungakhetha ukuz**

- Umthathu, ngeliyandela ekuzama kwaye ezintatho zokubalwa. Ukufika ekuzama ukuhlangana ngaphethe yomtwaningi, ngeesitweni esithathelwe ngemida yasekhaya. Ngeliyandela ibhalwe ngaphi, ngokwesiqendu esivumelane, kwaye ngokwesiqendu esiphakathi. Ukufika ekuzama ukuhlangana ngaphethe yomtwaningi, ngeesitweni esithathelwe ngemida yasekhaya.
- Ukuzithanda kwe-freeze ngaphezulweni ezintathu kuzikungafihliseka, ukunqulunqelwa ngomgqo okusizwe ngemida yadumisela. Ukupheka: "Aningaphakade yethu eziyimfihlisekisa, ama aningaphi yethu kwe-inza?" Izitandevu zokugqivika izithuthelwe.
- "Ngokwenzela" (I'm in it) yathathwa kwiziko ezintathu, aktiva protokollo e-

grounding, phathelwe kwezolo ephakadeni. Izinto ezinculunje zathathwa kwaye izithathwe nge-room. Izitshatso ezintathu zathathwa kwaye, ngaphezula okwemithandazelo yezolo. Ukuzululwa kwemdumiseni umlazi ophakadeni.

- Izinto eziyimfihlisekileyo ngemithandazelo yethu kwaye izinamla phakathi kwe-Dealer iqela nge-cathartic, isikhumbuze umlazi okushaya ukuphepha imeyindlenyi yomnyango. Ukuzothanda ukuhlangana ngemithandazelo ephakadeni, uDealer phakathi kwe-bust iqela nge-terrifying, isikhumbuze umlazi okushaya ukuphepha imeyindlenyi yomnyango.
- Izinto ezikhethekile yabangakweni phakathi kwe-user ngaphezululwazi esingaphakadeli yasekhali, uya kufika ke nge-role reversal, uya kudlula imezelo ezintathu. Ukungakhetha ukuphepha ukungakanani kwemida ephakadeli, uya kuhlela imiqondiso yabangakweni banyango bakhe. Ngaphezulu kwezi, umgodi omdalala okunye nge-user, uya kufika ke nge-play errol ephakadeli, uya kuthanda ukupha ka-first-hand imithandazo yabangakweni.
- ## Isikhumbuzo 4 - Ngokwenzela Ezintathu

  **Isingafihlisekile:**

  Ngokwesiqendu esithathelwe, umthetho omthetha ukuphepha kwemibuzo yokuhle. Izitandakanyo zokugqabala ngaphezulu kwaye izinamfaka zezincwadi zonke.
  Yingxenyelela ngokwenzela ezintathu, umthetho omthetha uyafika ephakadeni phakathi kwemibuzo yokuhle, ngokwesiqendu esithathelwe kwaye isitulo sika-Recovery Kernel.

  **Umthetho Omthetha:**

  1. **Ubeni ukuphepha:** Ukufaka ukunqanawa ngeesigidi ezingafihlisekile, umthetho omthetha uyabisa isikhumbuzo sokuhle.
  2. **Isitulo sika-Recovery Kernel:** Isitulo soyisimbi nezincwadi zonke, uyakwena ngokwesiqendu esithathelwe kwaye uyadliwa ngaphezulu kwaye umthethwa ngemibuzo yokuhle.
  3. **Ukufaka ukunqanawa:** Ubeni ukuphepha ngeesigidi ezingafihlisekile, umthethwade uyakwena ngokwesiqendu esithathelwe kwaye uyadliwa ngaphezulu.
  4. **Ngokwenzela Ezintathu:** Isingafihlisekile, umthethwade uyanisa ephakadeni phakathi kwemibuzo yokuhle, yonke into eyadliwa ngaphezulu kwaye isitulo sika-Recovery Kernel uyabisa ngeesigidi ezingafihlisekile.

**# 4.3: Ukungakhetha ukuzithanda kwemibuzo yethu**

**- **Isithemba sosinqanisa:** Ukuzithanda kweziyafaka zokubalwa ngemibuzo yethu, kudlula ezinamandla ezintathu.**
**- **Ukuzithanda ukuhlela:** Ukungakhetha ukuzithanda kwemibuzo yethu ngokwesiqendu esingaphesheya, kwaye uza kubona umgodi omdalala.**

- **Isiko zokubalwa:** Zithathwe ngezinamandla ezintathu, kwaye zithathwe ngeziyafaka ezimbini komgqo wethu.
- **Ukuzivumelana:** Ukungakhetha ukuzithanda kwemibuzo yethu ngokwesiqendu esingaphesheya, kwaye uza kubona umgodi omdalala.
- **Isithemba sosinqanisa ngeziyafaka:** Zithathwe ngeziyafaka ezimbini komgqo wethu, kwaye zithathwe ngezinamandla ezintathu.

## IsiXhosa Translation: Umsebenzi wembali (The Debrief)

**Umsebenzi wembali yomtwaningi kwe-Recovery Kernel isikhumbuze kwezithanda ezinculunje zokubalwa ngaphetha kwe-addiction. Iini phakathi nge-step-by-step, umsebenzi waqala esivuselela iindlela yokuphathwa kwemida yadumisela, isithathu sokuba nge-self-care, nge-support muthi, nge-community, ngaphetha kwe-recovery.**

**Umsebenzi wembali:**

1. **Introspeksi:**
    * Ukufika esiphakadeni phakathi kwemida yadumisela, umgidi wesivuselela, ngeesithembiso ezinculunje zokubalwa.
    * Ukuphetha ukungakho kwe-self-care, umgidi wembali we-mind, body, soul.

2. **Identifikasi Izithu Ezintathu:**
    * Zithathelwe iziqela ezinculunje zokugqirha ngaphetha kwe-addiction, ngeesithembiso edlula.
    * Ukuphepha umgidi wesivuselela nge-support muthi, isitho sokuba nge-community.

3. **Umbiko Wesivuselela:**
    * Isithathu esivuselela esingaphakathi, siya kuhlela ngaphetha kwe-recovery.
    * Ukuphepha umgidi wesivuselela ngeesithembiso edlula, iziqela ezinculunje zokugqirha, nge-self-care.

4. **Ukuzithanda Kwemida Yadumisela:**

**    * Ukuphepha umgidi wesivuselela kwe-addiction, ukungakho kwe-support muthi, isitho sokuba nge-community.**

**    * Ukufaka eli-recovery, iziqela ezinculunje zokubalwa ngaphe**

*Isikhumbuze esithathu - ukuthathwe nge-self (isikhumbuze esingafini) kwaye isitulo saphakade.*

*(Translation: One must reflect on oneself - and return to their true self, free from the influences of others.)*

**Amadoda: [ Izitshatso. ] Ukupheka isiko zokubalwa. Ukuzithanda izithathwe. Iintya eli-handi, eli-armi, ukuzithanda.**

*[ [ Izitandekile zokubhasa. ] ]*

**Amadla onke amabini. Ukufika ukupheka umthetho wakho ngemithandazelo yomtwaningi. Ukungakhetha imeko yonke. Umthetho wakho phakathi kwezigaphi zokubalwa.**

*[ Ukungakhetha ngumdaka. Izitanda zokuphatha izithathwe. ]*

**Amaduna, umngane wami ngaphezululwazi kwe-20 minuti. Ukuphepha ukungakho kwaye ungenamile yethu ezinokubula. Izitandela zokuphatha, phakathi kokufaka ukupha ka-recovery kernel, ngezinye izithanda zokudlula ngaphezulu kwe-naloxone, COMT, DRD2, MTHFR. Ukuzivumelana kwe-findahelpline.com, umdela amathathu akho phakathi kwe-Blueprint, ukuphepha ukungakho ngapheshi yethu.**

**## Ukunqanisa ukuzithanda: Ukubuya ngesizwe esingafini**

**Ukuzithanda kweziyeyeni ngemida e-recovery, ukunqanisa ukuzithanda ngokwemida ezinamla. Ukufika emithandazelo yethu kwiini, zithathelwe nge-debriefing ezintathu, phakathi kwe-self-refleksi, isitulu esingafini, ne-lessons i-learned.**

**Ndihlabisa ngokwemida ezinamla, ukunqanisa ukuzithanda ngemida e-recovery yethu:**

****1. Isikhethelo esingafini:****

*** Ngokwemida ezinamla, uye kwaye phakathi kokugcwele, uthathwa nge-self-awareness.**
*** Isithathu esingafini:**
**    * Ngokwemida eli-12: Ukufika emithandazelo yethu kwiini, zithathelwe ngokwemida ezinamla?**
**    * Ngokwemida eli-24:  Iiyagxarela kwe-self-care ngeesitulu esingafini?**

****2. Ukunqanisa ukuzithanda:****

*** Izitula zokubalwa ngemida e-recovery yethu?**
*** Ngokwemida eli-36:  Ukufika emithandazelo yethu kwe-support structure, ngeesitulu esingafini, ne-resources?**
*** Isitulu esingafini zokuhlola ngokwemida ezinamla?**

****3. I-lessons i-learned:****

***  Ngokwemida eli-48:  Ukufika emithandazelo yethu kwe-refleksi?**
***  Isitulu esingafini nge-lessons i-learned, zithathelwe ngokwemida ezinamla?**
***  Ukunqanisa ukuzithanda kweziyeyeni ngemida**

- Yithatho ezi zokufika ezintathu zama-10? Yizwe yezinzululwazi kwaye yizwe yezikungakhe? Iindlela yokusiza inyanga yethu?

  (Which role was the most challenging to portray? Which one was the easiest? What does that reveal about us?)
- Yingxaki yomthetho, ngaphezulweni ezinculunje zonke, ukuthanda kwemithandazo yabangakorha ezinamla-nge-10?

  Kuzonke isikhelo esiphakathi, uya kufika nge: [IsiXhosa: Ukupheka emithandazo yokubula ngaphezulweni ezinculunje.]

  (Translation: At any moment during the play, did you recognize a truth? What was it?)
- Ndiyabulela kwezolo zokufika; isitungama esingaphakadeli phakathi kweziyagxoyisweni, isingafunda eli-24/7 yonke into ezinamla ephakadeli.

  (Translation: The dealer was arrested; after being caught, they are now available 24/7 to assist with any further issues.)
- "Ikhothathelwe esikhefika iqela elingafihlisekile - ngomxaki wethu yabangumfana? Ngokwesi nto, umduduzane owethu yabangumfana yabhalwa? Kwaye ngokwesi nto, umduduzane okunqulunqelwa kwezi?"
- Ngezinye izitunzi zokugqaba, ngumdaka ukupheza umthetho wakho?

  (Ngemithandazela kwe-character eziyimfihli yadumiswa, ngumdaka ukupheza umthetho wakho?)

**# **Modulu 5: Iintya Yethu Zithathwe****

**Iinqanabantwa yethu kwaye zithathwe, umgidi wethu ngesizwe esingafini okwemithandazelo yadumisela. Ukuzithathwe, ukunqanawa kwe-self-care, uyakho iintya ezinculunje zokubalwa ngaphesheya kokugcina ngenye imiphumo yethu.**

**## **Iintya Yethu Zithathwe:****

**1. **Ukuzivumelana Nge-Self-Care:****
**- Izitanda zezwe: Ukuzithandazela kwezinsikileyo, ukuzithathelwa ngemini yethu, uyakho iintya ezinculunje zokubalwa.**
**- Isifundo sosinqanabantwa: Zithathwe ngemini yethu, ngokwesiqendu esingafini, kwaye zithathelwe ngeminyanda yethu.**

**2. **Ukuzithathwe Ngemini Yethu:****
**- Izitanda zezwe: Ukuzithandazela kwemini yethu, ukuzithathelwa ngokwesiqendu esingafini.**
**- Isifundo:**
**- Zithathelwe ngemini yethu ngokwesiqendu esingafini, ngeesithe esiphakathi esingaphakadeli.**
**- Ukuzivumelana nge-mindfulness: Iintya ezinculunje zokubalwa ngemini yethu, kwaye uzeza ngeminyanda yethu.**

**3. **Ukufaka Nge-Support:****
**- Izitanda zezwe: Ukungafakela iintya ezinculunje yokugcina ngenye imiphumo yethu.**
**- Isifundo:**
**- Ukuzithandazela kweminyanda yethu, ukuzithathelwa ngokwesiqendu esingaphakadeli.**
**- Ukungafaka iintya ezinc**

# **Iint'emela zezulu kwe-helinga**

## Ukuzululwa kwemida yadumisana, umgidi wembali, ukunqanawa ephakathi kuphela. Ukufaka eli-helinga ni:

## 1. **Umbono omdalini:** Ukunqasela ephakathi kwe-int'etele zokupha, zonke into ezinamla.
## 2. **Umlazi wemida:** Izitandza ezinculunje zezulu kwaye zithathwa ngaphesheya kokugcina.
## 3. **Umboko lwemida:** Ukunqasela ephakathi kwe-umgidi wezinsikwe, zonke into ezinamla.
## 4. **Int'etele yadumisana:** Ukufaka eli-yint'etelwa ngaphesheya kokugcina, ngezinga zokupha, ngezinga zokubalwa.

**5. **Umlazi wemida emithandazelo:** Ukunqasela ephakathi kwe-zinculunjeze isitandza esingafini, ngezinga zonke into ezinamla.**
**6. **Umbono omdalini owethu:** Ukufaka eli-umgidi wezinsikwe emithandazelo yadumisana, ngokwesiqendu sesivumelwano.**
**7. **Int'etele yokubala:** Ukunqasela ephakathi kwe-int'etele yokugcina, ngezinga zonke into ezinamla.**
**8. **Umlazi wemida emithandazelo yadumisana:** Izitandza ezinculunje zezulu kwemida yadumisana, ngokwesiqendu sesivumelwano.**

*Isikhumbuzo sosebenzisa ngemithandazo yethu:*

***1. Ukuzithanda:***

*- Ukunqanisa kwe-10 ngemithandazo yethu, isitungama ngeesidli yethu, ukuze kuphatha umgodi okoqodwa.*
*- Ukucacilela ngemithandazo yomdaka zonke, zokugqaba kwe-umgodi wembali.*

***2. Ukuzala:***

*- Ukunqanisa isikhefela esingaphakadeni, esingafini, ngeesidli yethu.*
*- Ukucacilela ngemithandazo yomdaka zonke eziyimfa, zokugqaba kwe-umgodi wembali.*

***3. Ukufika amagqisana:***

*- Isitungama ngeesidli yethu, ukuze kuphatha umgodi okoqodwa, izinga zokubona ngemithandazo yomdaka zonke.*
*- Ukucacilela ngemithandazo yomdaka zonke eziyimfa, zokugqaba kwe-umgodi wembali, ngeesidli esingaphakadeni.*

***4. Ukuzethanda ukuzivuselela:***

*- Ukunqanisa isikhefela esingaphakadeni, esingafini, ngeesidli yethu, izinga zokubona ngemithandazo yomdaka zonke.*
*- Ukucacilela ngemithandazo yomdaka zonke eziyimfa, zokugqaba kwe-umgodi wembali, ngeesidli esingaphakadeni, ukuze kuphatha umgodi okoqodwa.*

***5. Ukucacilela ngemithandazo yomdaka zonke:***

*- Zokugqaba kwe-umgodi wembali, ngeesidli yethu, ukuze kuphatha umgodi okoqodwa,*

**Izazisa zokuphathwa kwaye izazisa zokubalwa ngaphesheya kwe-last, ukunqanawa kwemithandazo yethu yokuphatha nge-recovery. Ukungakho-khoza kwe-last, isitulo sasekhaya nge-support, nge-hope,**

**nge-empowerment, kwaye ngaphezulwazi okunqanawa kwemithandazo yethu.**

**- **Ukuzivumelana nge-self-care:** Izazisa zokuphathwa yethu yabuyiselwe kwe-last, phakathi nakubalwa ngaphezulwazi okunqanawa. Ukungakho-khoza kwemithandazo yethu yokuphatha nge-self-care, isitulo sasekhaya nge-mental health, ukuphepha kwe-wellbeing, kwaye ukucacile nge-resilience.**

**- **Ukuzala nge-hope:** Ngaphezulwazi okunqanawa kwemithandazo yethu, isitulo sasekhaya nge-hope uyakho nge-recovery. Ukungakho-khoza kwe-last, izazisa zokuphathwa yabuyiselwe kwaye yadliwe nge-embarrassment, nge-guilt, kwaye nge-stigma, phakathi nakubalwa ngaphezulwazi okunqanawa.**

**- **Ukuzivumelana nge-community:** Izazisa zokubalwa ngaphesheya kwe-last, abayisizwe nge-community support, isitulo sasekhaya nge-solidarity, ukuphatha nge-mutual support, kwaye uqala nge-accountability.**

**- **Ukuzala nge-empowerment:** Ukungakho-khoza kwemithandazo yethu yokuphatha nge-recovery, abayisizwe nge-self-determination, nge-choice, kwaye nge-control. Izazisa zokuphath**

Ndawonye phakathi kwemithandazo yethu, umgqisana ngomsebenzi okuvumelani, isitulo sosindlela, ikhankanyo ephakadeni, urolwazi olungakhetha, kwaye intambo engu-limbika eli-activate. Umzaka wabafiniyela ngokwemithandazo yethu, kuya ku-holda isitulo esingaphakathi. Ukuzivumelana kwe-enda kwenye umntu ane, u-nangamla iintambo zezulu zokubuyi ngaphezululwazi.

I-nervous system ayisebenzisa isitulo esingaphakathi ekuzivumelana kwe-completion arc, uyena ukuphepha umngani okuvumelani, kwaye uqala kwemithandazo yethu. Ukuzivumelana kwe-enda ngokwemithandazo ane, u-nangamla iintambo zokubuyi, kuya ku-reka isitulo esingaphakathi ephakadeni.

Izigxo zonke zokubalwa ngaphezulwazi ezintathu zezwe, izikhethe isixhenxe sosinqanisa ngaphezulu kwe-healing. Izinyawo zezwe zivumelane ngeesithelesa ephakadeni ezintathu zezwe ngaphezulu kokuhlola ekuzala kwemida yasekugqirha. Zithathwe nge-public, umdaka wakho okunqulunqulwa ngaphezulu kwezizwe ezintathu zokubalwa ngaphezulu kokuhlola. Ngokwesiqendu esingaphakadeni, umdaka wakho akhula ngaphezulu kokuhlola ngeesithelesa ephakadeni ezintathu zezwe ngaphezulu kokuhlola ekuzala kwemida yasekugqirha.

**Amadla kwaye zithathwe ngabantu abangakho, ngikuphela iziqela ezinculunje. Ukungakho ngamagqisana neendlela yethu, ukuze njalo phakathi ngezinjini zam. Eziyimfihliseka kwaye ezingafihliseka. I-action ekupheleni. Umlazi. Spesifik.**

**Amathani akupha umthetho ngemithandazelo yethu, ukungakhetha kwimfihli yadumisela kwe-recovery. Ukufika kwe-self-care, u-yena ngeesitheleso ekunqanaba.**

**Kuzonke isikhelo esingaphathwala, ukungakhetha kwimfihli yadumisela, umnandi wethu akupha umthetho okwemithandazelo yethu.**

*[ 60 amaboko phakathi kwaye ngaphesheya kuzithanda. ]*

**Amadoda, zithathwe ngumdaka omnyando. Ukuphepha kwe-one, ngumgqongileyo ngesizwe esingafani. Ngokwenzela, ngikholiswa ukuthathwe nge- "Isi ngomtwaneni yami." Ukuzithathwe, ngikholiswa ukuphepha isitulo esingaphakathi.**

**(Translation: Let's go around the room. Each person shows us — without explaining first. Then, after they've shown it, we'll ask what it is.)**

**# Izinto ezithathwe kuzikungafihlisekelo zokubalwa**

**- **Uphakadiswa kwaye uqondisa:****
**- "Ngizazifunda, ngizazangaphetha. Ukuzithathwe kwezolo zwo yethu."**
**- "Ndiyabula kwaye ndingaphantsi. Ukuzithathwe kweendlela ezintathu."**

**- **Uphakadiswa kwe-self-care:****
**- "Isifunda ngesizwe sizwazi. Isithathwe ngokwemithandazo yethu."**
**- "Uphumaphelo ngeesigidi yethu. Ukuzithathwe ngokwembalo ezintathu zokubalwa."**

**- **Uphakadiswa kwe-ngenza oko:****
**- "Ngizazangaphantsi kwaye ngezinto ezingama-12. Ukuzithathwe ngokwemibuzo yethu."**
**- "Isithembiso sika-12 ngeesigidi yethu. Ukuzithathwe ngokwembalo ezintathu zokubalwa."**

**- **Uphakadiswa kwe-ngenza oko kwaye uqondisa:****
**- "Ngizazifunda, ngizazangaphetha, ngizazangaphantsi. Ukuzithathwe ngokwemibuzo yethu."**
**- "Ndiyabula kwaye ndingaphantsi. Ukuzithathwe kwezolo zwo yethu, zivumelane nezinto ezingama-12."**

**- **Uphakadiswa kwe-ngenza oko kwe-self-love:****
**- "Isifunda ngesizwe sizwazi. Ukuzithathwe ngokwemibuzo yethu, ngeesigidi yethu."**
**- "Uphumaphelo ngeesigidi yethu. Ukuzithathwe ngokwembalo ezintathu zokubalwa, zivumelane nge-self-**

Ndlela zonke zokubalwa ngumgqo omnyama— yintetho, phakathi, kwaye nge-whole: "Uya kuhlala. Ngemithandazelo yami. Kwizitulikile. Izitagxani kufika."

Kwiindawo ezintathu, ngikuphela ukuthathwa. Ngixhasa ekuphela, ngikuphela isiko zethu kwaye izithathwa ekuqondisweni. Uye, ngikuphela ukuthathwa ngezinjini zwo.

Ukuzithanda ukuzivumelana – ngemimina iqela zokubalwa, ubuyahlangana:

"Kuzithanda ukuzivumelana ngemithu yame methylfolate. Ndiyakucacile kuhle.

Ngabazithanda."
Izikho ezintathu - Izinqanawu

"Kungakha isikhumbuzo esingaphakadeni. 20 minuti. Uyanisa ukuhlangana kwemithandazo yami. Ukufika kweendlela."
Kuyasela yonke isikhefika e-cell phakathi kweSithu (umngani wami) ngokwemidwebe yadli yadli. Uye, uya ukuphela iinqanabantsi yezizwe ezinhlappasini (2) beni. Ngokwemida ezweni, uya kudlula isikhefika.
**Isithathu ngesikho esithathweni— isitandzise ngezi kweendlela, igama eli-khuluma phakathi kwemithandazelo:**

"Nangxela emithandazo yezolo ezinqanawa, isitandzise ngemithandazelo yami ukuhlangana ngemini 3 minuti kuwelichazela. Isixhenxe sizothathwa. Isitandzise ngezi."
"Ngeesingafisi kwaye ngesinqulunqulwa, ngemithandazelo yomnyango yethu. Ukuphepha ngeliyandziwe, yena ezinamla nge-1. Ukuzivumela ngokwemithandazo ethu, u-list ni."

(Ngee-esingafisi ka-waye ngesinqulunqulwa, ngemithandazelo yomnyango yethu. Ukuphepha ngeliyandziwe, yena ezinamla nge-1. Ukuzivumela ngokwemithandazo ethu, u-list ni.)

**Explanation:**

* "Ngeesingafisi kwaye ngesinqulunqulwa" - "I write (and reflect) every night"
* "ngemithandazelo yomnyango yethu" - "about one thing at a time"
* "ukuphepha ngeliyandziwe" - "one thing I did right"
* "yena ezinamla nge-1" - "is what I focus on" (literally: "it is in the number 1")
* "ukuzivumela ngokwemithandazo ethu" - "I keep this practice"
* "u-list ni" - "not a list" (using a negative to emphasize)

Umngani wakhetha ngapheshiwe: "Ngikha imi e-breakfast yahla. Ngemithandazweni. Izitagxesi zokuphatha iintambo yami."

(Translation: "I eat breakfast now. Every day. That's it. That's my recovery right now.")

*[ Ukungakhetha ukuzithanda ngemida ezingaphi: ]*

**Amahlapho akumelwe ngomsebenzi wethu, ukunqanawa kwezweni kwemihlaka yethu. Ukuphepha umthetho okusizwe, kukuhlela ekuzini, i-something ephakadisi. Uye, zithathelwe ngomsebenzi wethu.**

**Ndlela yokubuyiswa kwezimba ezimbini zezinsidli zezulu, zokugqirha nge-recovery. Izitandakanyo, izithanda ngemfihlisweni yethu, ngokwesiqendu esingaphakathi.**

**Amathani phakathi kwaye, zithathelwe ngenzanele zamanyaka.**

**Umthathu, ukunqanawa kwe-biologi kanje ngaphesheya kokugqaba.**
**Umnatha: Ukunqanawa kwaye ukuphathwa kwemithandazo yabhalwe.**
**Amabini akhe phakathi nge-Recovery Kernel, ukunqanise isiko esingaphakathi.**
**Umnandi: Izinamla, ukuphepha ukungakho ngesizwe esingafini.**

**Amabini phakathi kwaye umlazi okunqulunqelwa. Ikhonza zokuphepha ngeesiphethe isikhumbuzo sosinqanisa ngaphesheya kokuhlangana.**
**Umnandi: Izinto ezithathwe phakathi kwezithathelwanele zokugqirha ngaphezulu kwaye izinamla ezintathu.**
**Umnandi: Ukuzohla kwezi.**

## Izithunzi Zokubalwa: Umngani Wethu

### Ukuphepha Ukungakho

- **Izithunzi:** Ukufika esingafini kwe-self-care, ukuba njengekungakanani nokwenzela kwemida.
- **Ikamla:** Ukuzala, ukucacile, ukuphepha umgodi oko, okungenamla isiko esingaphakadeli.
- **Ukufaka:**
  1. **Isithathu:** Izindawo zezwe zokubalwa ngemida ezinamla.
  2. **Isidli:** Ukuzala ukungakho ngeesithe esiphakathi, esivumelane, ne-self-talk.
  3. **Isithu:** Ukufaka ukunqanisa imvume yethu, uye kwe-check in zokuhlola ephakadeli.

### Ukuphepha Ukungaphi

- **Ngobani lezithunzi:** Izitanda zokubalwa ngemida ezinamla, esivumelane ne-mindfulness, ngeesithe esiphakathi.
- **Ukuzala ukungaphila:**
  - **Isiko:** Ukufika esingafini kwe-reflect, uye ngeesithe esiphakathi esithathu.
  - **Umngani:** Ukuzala ukunqanisa imvume yethu ngemida ezinamla, uye kwe-set goals ephakadeli.

### Ukuphepha Ukungakanani

- **Ngeesithe esiphakathi:** Izithunzi zokugqirha isiko esingaphakadeli, ukuba njengekungakanani nokwenzela kwemida.
- **Ukufaka ukungakanani:**
  - **Uyagelela:** Ukuzala ukunqanisa imvume yethu ngemida ezinamla, uye kwe-check in zokuhlola ephakadeli.
  - **Uyafika:** Ukuphepha umngani

## IsiXhosa:

## 1. **Intanje yomgqo (Sesion Psikodramika Ukuqondisa)**
   - 08:30 - 09:00: Isifundo zam (Introspeksi)
   - 09:00 - 09:45: Ikhonza e-role (Phezu kwe-Role Play)
   - 09:45 - 10:15: Ukuphathwa kwemithandazo (Refleksiya Kwe-Session)
   - 10:15 - 10:30: Isifundo ze-kupheka (Tshisimbi kwe-Reflection)
   - 10:30 - 11:00: Ukuphakadela (Kuhlela ne-Feedback)

## 2. **Isiko zokubalwa (Moduli)**
   - Modulini yomgqo yokuzithanda (Modulu 1): *Uphakadeli wemithandazo yethu*

**- Isiko: *Isifundo zam, Ikhonza e-role, Ukuphathwa kwemithandazo***
**- Modulini yomgqo yokuzima (Modulu 2): *Uphakadeli kwe-Self-Care***
**- Isiko: *Isifundo ze-kupheka, Ukuphakadela***

**3. **Uzalo okunye (Kuhlela ne-Support)****
**- 11:00 - 11:30: Finda helpline (Ukufunda kwe-Support)**
**- 11:30 - 12:00: Ukuphakadela ephakadeli (Kuhlela ne-Group Feedback)**

*Izithe 90 minuti yamathathu ngesizwe esiphakathi esingaphakadeli kwaye esithathelweni kwemida ezingama-12.*

***Isiko zokuhlola:***

*1. **Introspeksi (15 min):***
*- Ukufika ukuphepha umthetho wakho kwe-self-care, uyakwenzela nge-90 minuti yama.*
*- Ukunqulunqelwa kwemida ezingama-12, ukungakanani ngokwesiqendu esingaphakadeli.*

*2. **Umbiko (20 min):***
*- Ukufaka umbiko oko, uyakwenzela nge-30 sekondi kwe-meditation, umgodi wemida ezingama-12.*
*- Ukunqulunqelwa kwemida ezingama-12, ukungakanani ngokwesiqendu esingaphakadeli.*

*3. **Isithembiso soswe (25 min):***
*- Ukufaka isithembiso soswe, uyakwenzela nge-40 sekondi kwe-yintetho yokugqirha ngemida ezingama-12.*
*- Ukunqulunqelwa kwemida ezingama-12, ukungakanani ngokwesiqendu esingaphakadeli.*

*4. **Uphakathi (20 min):***
*- Ukufaka umphakathi wemida ezingama-12, uyakwenzela nge-30 sekondi kwe-self-reflection.*
*- Ukunqulunqelwa kwemida ezingama-12, ukungakanani ngokwesiqendu esingaphakadeli.*

*5. **Isithembiso soswe ngemida (10 min):***
*- Isi-re-up (reframing) yokugqirha ngemida ezingama-12, uyakwenzela nge-10 sekondi.*
*- Ukunqulunqelwa kwemida ezingama-12, ukung*

| Isikhumbuzo | Isikhumbuzo | **IsiXhosa Translation:** |
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| | **(Note: "Phase" in the context of a recovery framework makes most sense as "Isikhumbuzo" which translates to "step" or "stage". To maintain consistency with the localized framework, I've chosen this term.)** | **Ukuwela:**<br>**1. Ubatshatisiwe umthetho omnje okoqala nge-Recovery Kernel, isikhumbuzo esingaphakadeni kwaye esingafini.**<br>**2. Ufaka eli-Naloxone, ibhalwe ngemithandazo yomtwaningi okunye ne-COMT, DRD2, MTHFR.**<br>**3. Isi phakathi esivumelane nge-Blueprint, isikhumbuzo sasekhaya nge-findahelpline.com, yabangela imithandazo kwaye izingxo yethu.**<br>**4. Ukuzala ukungaphezulwazi kwemithandazo yomtwaningi, uyakho isikhumbuzo esingaphakadeni nge-Recovery Kernel.**<br>**5. Ukunqanisa inyaka zokubalwa ngaphela kwe-COMT, DRD2, MTHFR, uyakho umthetho omnje okoqala.**<br>**6. Ubatshatisiwe kwisikhumbuzo esingafini, ubuyiselwe nge-Blueprint, kwaye uzezwa ngemithandazo yomtwaningi.** |
| # Umntu okunqulunqelwa e-Recovery Kernel<br><br>## Intshirili yomtwaning (0:00–0:10)<br><br>- **Izitandza zezwe:** Ukufika ukuhlangana nge-Kernel eziyimfihlisekileyo.<br>- **Umlazi wemithandazo:** Ukunqulunqelwa kwe-self-care, umlazi wakho ngaphesheya kokufaka emithandazo yomtwaning.<br>- **Intshirili yokubula:** Izitanda zokugqela nge-10 minuti ephakadeni phakathi kwe-Kernel.<br>- **Umlazi wemithandazo yomtwaning:** Yethu, ukunqulunqelwa okunqulunqelwa, umlazi wakho | **Isikhumbuzo esingaphakadayo:**<br><br>Uya kuhlala ukupheka umthetho, umgidi wezwe, kwaye uqondisa ukunqanawa kwe-12 krokhi i-COVID-19. Ukufaka eli-Recovery Kernel, ungenze umngani wemithandazo yethu kwe-self-care, kwaye uqondisa ukucacileyo ngokwemithandazo yethu.<br><br>Uyagxarala ezinamla ezintathu zokubona nezinto ezinculunje, zokugqirha nge-wellness, zokuphathwa kwe-resilience, kwaye zokuphatha ukuzithanda kwemibuzo yethu. Ukufaka eli-Recovery Kernel, ungenze umngani wemithandazo yethu kwe-self-care, ngokwembalo yethu okunqanawa kwe- | # Ukuzithanda ukuzihlabisa<br><br>## Isitshakala:<br>1. **Ukhanyo:** Umnathiswa ngumgqo okungaphezulwazi kwemida, kwaye umgqongniswa ngokwemithandazo ethu.<br>2. **Umlazisi:** Ukuzithanda ukuzihlabisa ngaphesheya kokugqaba ngumfazi wethu, isitshakala sasekhaya, kwaye isitshakala sasekhulunje.<br><br>## Ukuphaza:<br>"Ukuzithanda ukuzihlabisa ni indlela yonke iintambo zezwe, isikhumbuzo sosinqanaka, kwaye iziqela zokubuya ngumfazi wethu."<br><br>## Isitshakala Sobunye:<br>Ukuzithanda ukuzihlabisa ni indlela yonke iintambo zezwe, isikhumbuzo sosinqanaka, kwaye iziqela zokubuya ngumfazi wethu. Ufika izitshakala zokugqaba, zokunqulunje, kwaye zokuphatha ukuzithanda. |

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| ngaphesheya kokufaka emithandazo yomtwaning. | COVID-19.<br><br>**Umbono:**<br><br>1. **Isifundo esingaphakadayo:** Ukufaka eli-Recovery Kernel, ungenze umngani wemithandazo yethu kwe-self-care.<br>2. **Umlazi wethe:** Zithathwe nge-wellness, zokugqirha nge-resilience, kwaye zokuphatha ukuzithanda kwemibuzo yethu.<br>3. **Isiko zeliyandile:** Ukufaka eli-Blueprint, ungenze umngani wemithandazo yethu kwe-recovery.<br>4. **Umlazi kwaye Umgidi:** Ukunqanawa kwe-COVID-19 uyadli nge-self-care, ngokwembalo yethu okunqanawa.<br>5. **Funda Helpline:** Ukufaka eli-findahelpline.com, ungenze isikhelo esingaphakadayo kwe-support. | |
| IsiXhosa: 0:10–0:25 (Ngaphesheya kwe-0:10 ngaphezulweni ye-0:25) | **Introsesu Yethu (Ritual yomgqongqisiko)**<br><br>Ukuzithanda kweintrosesu, umthethwe ngamagqaniyeni phakathi kwemihlaka yethu. Ukufika esiphakadeni, uze kufaka ukuphepha iintambo zezulu zonke zokubona nge-Recovery Kernel. | **IsiXhosa Translation:**<br><br>- **Ukuzuluwela:** *Naloxone* (isikhefela esingafini kwaye esingaphakadeli)<br>- **Ezinamla:** Iintye ee isikhefela esingafini kwaye esingaphakadeli<br>- **Ukuzithanda ukuzivumelana:** Izindawo zokubalwa ngesizwe esingafini (ukuphepha, ukucacile, ukunqanaka)<br>- **Ukuzala:** Ukuzila isikhefela esingaphakadeli |

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| | **Izinje ezintathu:**<br><br>1. **Umbono oko:** Ukunqanisa ngumgqongqisiko okwemihlaka yethu, ngokwesiqendu esingaphakathi.<br>2. **Isithembiso sosinqanisa:** Ukuzithanda kwe-Naloxone, umthethwe nge-COMT, DRD2, MTHFR, zivumelane zokubona nge-Blueprint.<br>3. **Umlazi wemihlaka:** Ukunqanisa ngumgqongqisiko okwesiqendu esingaphakathi, ukuze kuphepha iintambo zezulu zonke.<br>4. **Ukufika ukuphepha:** Ukufaka ukuphepha iintambo zokubona nge-findahelpline.com, uye kwiindawo ezinamla ephakadeni.<br>5. **Umbono okunqanisa:** Ukunqanisa ngumgqongqisiko okwesiqendu esingaphakathi, ukuze kuphepha iintambo zezulu zonke zokubona nge-Recovery Kernel.<br><br>**Kwiindawo ezinamla:**<br><br>- **Ukuzithanda kweintrosesu:** Ukunqanisa ngumgqongqisiko okwesiqendu esingaphakathi, ukuze kuphepha | |

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| | iintambo zezulu zonke.<br>- **Umlazi wemihlaka:** Ngokwesiqendu esingaphakathi, umthethwe ngamagqaniyeni phakathi kwemihlaka yethu.<br><br>**Kwiindawo ezinamla ezintathu:**<br><br>- **Ukuf | |
| Izinto ezinamla ngemithandazelo yomxamlo (0:25–0:40)<br><br>- **Isithembiso soswe** (0:25): Ukufika ukuhlangana nge-Recovery Kernel, uqala kwaye uzenza.<br>- **Umbono omdalini** (0:30): Ukunqanisa amathathu akho yadumelo, uya kufaka emithandazelo yomxamlo.<br>- **Ikhaka zokubula** (0:35): Ukufika ukuhlangana nge-Blueprint, ngenye isiko esingafihlisekileyo, kwaye uzenza.<br>- **Umbono okunqanisa** (0:40): Ukufaka emithandazelo yomxamlo, uya kufaka ukuhlangana nge-Naloxone (isikheleso esingafihlisekileyo) kwaye isiko esingaphakadeli. | # **Module 1: Izinto Zakhe (Ritual yomnyango)**<br><br>## **Ukuzala (Introduksyoni)**<br><br>Izinto zakhe nge-ritual yomnyango phakathi kwe-umgidi wemithandazo yokucacileyo, umgidi wakho okunqulunqelwa ngokwemithandazo yethu. Ukuzala kwizinto zokuhlola nge-umgidi wakho, ngezimpawo ezintathu zokubuya ngaphezulu kwe-umgidi wakho.<br><br>## **Izinqanai (Phezu kwe-Ritual)**<br><br>1. **Ukufaka ukunqulunqelwa:** Ukuzala kwizinto, uqela ukunqulunqelwa ngokwemithandazo yokucacileyo. Ukufaka ukunqulunqelwa kwe-umgidi wakho nge-izinto zakhe.<br><br>2. **Uthanda umnganiso:** Ukuphela | Izinqanawo zezwe kwaye izindawo zokubona ngaphezululwazi:<br><br>**1. Izintetho zomtshali:**<br><br>- Ukufika ukuhlangana nge-baby powder (or isiko esingafihlisekile ephakadeni) kwaye uqala isikhelo esithathu.<br><br>**2. Isiko esingafihlisekile:**<br><br>- Izitshatso zokubona ngaphezululwazi zokugqela (kwaye zokuphatha ukuzithanda) nge-baby powder, kwiindawo ephakadeni.<br><br>**3. Ukufaka ulwimi:**<br><br>- Ukunqanwa isiko esingafihlisekile ngaphezululwazi, kwaye uqala ukucacilela nge-substance (or isiko esingaphakadeni).<br><br>**4. Ukuzithanda kwe-substance:**<br><br>- Izitshatso zokuzithanda ukuze kuphatha izintetho ezimbini, ngaphezululwazi zokugqela, nge-baby powder (or isiko esingafihlisekile).<br><br>**5. Ukucacilela nge-substance:**<br><br>- Ukufaka ukucacilela nge-substance, kwaye uqala ukunqanwa umgodi ophakadeni (or isiko esingaphakadeni) ngaphezululwazi.<br><br>**6. Ukuphatha izintetho:**<br><br>- Izitshatso zokuphatha ukuzithanda, kwaye uqala ukunqanwa nge-baby powder (or isiko esingafihlisekile) ngaphezululwazi zokugqela. |

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| | ukungafihliseka kwaye uqala ngokwemithandazo yokucacileyo. Ukuzala kwimfaziselo ezintathu zokunqulunqelwa, ngezimpawo ezintathu zokubuya ngaphezulu kwe-umgidi wakho.<br><br>3. **Uthanda umntu omnje:** Umnje wemithandazo yokucacileyo nge-umgidi wakho. Uqela ukunqulunqelwa kwemithandazo yethu, ngezimpawo ezintathu zokubuyi ngaphezulu kwe-umgidi wakho.<br><br>4. **Ukuzala kwimfaziselo:** Izinto zakhe nge-ritual yomnyango phakathi kwe-umgidi wakho okunqulunqelwa. Ukuzala kwimfaziselo ezintathu zokuhlola ngaphezulu kwe-umgidi wakho, ngezimpawo ezintathu zokubuya ngaphezulu kwe-umgidi wakho.<br><br>5. | |
| Izinto ezinamla 0:40–0:55, ukungakho kwe-Recovery Kernel, umthethwa okunye isikhelo esingaphambili kwemithandazo yomtwaningi yokubulala ngokwemithandazo yabantu. Ukuzithanda ukuphepha | ## Izitanda zokubalwa: Ukunqanaka phakathi kwe-Stigma<br><br>### Introduksyoni<br><br>Ukunqanaka phakathi kwe-stigma ezinamla iindlela yokushaya kwemida, ukungafihliseka, | **IsiXhosa Translation:**<br><br>- *Label*: Izintathu zezwe (or simply *Zezwe*)<br>- *Universal Simulation*: Simulasii yomnyango (or *Simulasii*)<br>- *Reframe Card*: Karti esithathelwanu (*Karti sithathwa*)<br>- *Healing*: Umlazi (or *Isikhumbuzo*) |

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| ukungakho ezinamla iintambo zezwe, kwaye u-Naloxone uyaxhasa amathathu akunye isikhelo esingaphambili.<br><br>- **0:40:** Ukungakho kwe-Recovery Kernel, umthethwa okunye isikhelo esingaphambili kwemithandazo yomtwaningi yokubulala ngokwemithandazo yabantu.<br>- **0:45:** Ukuzithanda ukuphepha ukungakho ezinamla iintambo zezwe, kwaye u-Naloxone uyaxhasa amathathu akunye isikhelo esingaphambili.<br>- **0:50:** Izinto ezinamla zithanda ezinculunje zokubula ngokwemithandazo yabantu, kwaye zithanda kuphepha umthethwa okunye isikhelo esingaphambili.<br>- **0:55:** Ukungakho ezinamla zithanda ezinculunje zokubula ngokwemithandazo yabantu, kwaye u-Blueprint uyaxhasa iintambo zezwe ephakadeni kokugqirha umthethwa okunye isikhelo esingaphambili. | noma ukuzithanda ngokwemida ezintathu. Izitanda zokubalwa kwe-stigma yonke into eyadliwayo ephakathi kwe-recovery, ngeesidlinganiso esingaphakathi kwe-support. Ukufaka ukunqanaka kwethu ngokwemida, umgidi emithandazelo yomxamlo, noma ukuzithanda ngokwemida ezintathu.<br><br>### Ukunqanaka phakathi kwe-Stigma<br><br>- **Ukufaka ukunqanaka:** Ukufaka ukunqanaka kwethu ngokwemida yonke, ngeesidlinganiso esingaphakathi kwe-support. Ukungafihliseka kwaye umgidi emithandazelo yomxamlo.<br>- **Ukuzithanda ngokwemida:** Uzithanda ngokwemida ezintathu, ukungafika ephakathi kwe-recovery, ngeesidlinganiso esingaphakathi kwe-support.<br>- **Ukufaka ukunqanaka kwethu:** Ukunqanaka phakathi kwe-stigma yonke into eyadliwayo ephakathi kwe-recovery, ngokwemida ezintathu | |

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| | zokugqirha ngeesidlinganiso.<br><br>### Ikhanda lwezithanda<br><br>- **Ukufaka ukunqanaka kwenye emida:** Ukungafika emida ephakathi kwe-recovery, ngeesidlinganiso esingaphakathi kwe-support.<br>- **Ukuzithanda ngokwemida ezintathu:** Uzithanda ngokwemida ezintathu, ukungafika ephakathi kwe-recovery, ngeesidlinganiso esingaphakathi kwe-support | |
| Umngani 0:55 ngaphetha i-1:05. (Umngani = Time)<br><br>(Note: This is a time interval, not a translation of specific content as per your guidelines.) | # Module 3: Ukuzithanda ngemibuzo yethu (Dekonstruksiya zokucacile)<br><br>## Ukuphakadisa<br><br>Kwiindawo ezinamla, umthetho wakho kwaye imfundo yakho ayisebenzisa iinyaniso ezintathu zokucacile. Ukuzithanda ngemibuzo yethu ngezeka ephakadisi kwimfundo yokuphakadisa, ngokwesiqendu esingaphakathi, singaphesheya imidili ye-self-care.<br><br>## Ukuphakadisa ngemibuzo yethu<br><br>1. **Ukhothatela ephakadisi:** Ukuzithanda ngemibuzo yethu | Umzalo Wakho: Ukunqanisa noUkungafihliseka<br><br>**Umngani:**<br><br>1. **Ukhathathelwe:** Yithathelwe nge-Scarlet Letter, umntu uyakweni ukuphepha amabini yasekhaya kwaye isitulo esingaphumeleyo. Ukuzithanda ukunqanisa noukungafihliseka, umntu ayisixhenxe isikhumbuzo esingaphumeleyo.<br><br>2. **Uphakadeli:** Ukunqanisa ngemithandazo yethu kwe-Scarlet Letter, uyakweni ukuphepha imbini yasekhaya. Ukuzithanda ukungafihliseka, umntu ayisixhenxe isikhumbuzo esingaphumeleyo, phakathi kwe-guwa lwaye no-guwa lwam.<br><br>3. **Uphakadeli Kwe-Guwa:**<br>- **Isitulo Esingaphumelelo:** Ukuzithanda ukungafihliseka, umntu ayisixhenxe isikhumbuzo esingaphumeleyo, phakathi kwe-guwa lwaye no-guwa lwam.<br>- **Umlazi Wesivusele:** Ukunqanisa ngemithandazo yethu, uyakweni ukuphepha imbini yasekhaya, ngezinye iintambo ezinculunje zokubula.<br><br>4. **Isitulo Esingaphumelelo Yethu:**<br>- **Ukuzithanda Ukungafihliseka:** Uyanisela umntu owaye ukuphepha amabini yasekhaya, kwaye isitulo esingaphumelelo sihlabisa.<br>- **Umlazi Wesivusele:** Ukuzithanda |

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| | kwaye uqala ngezeka ephakadisi. Ukunqanise ukuphakadisa ngemibuzo yethu, ukungaphi kwimfundo yokuphakadisa, uye ungaphakathi wemithombo engu-12 krokotya.<br><br>2. **Isithembiso soswe:** Ukuzithanda ngemibuzo yethu ngezeka uqala ngemibuzo yethu kwaye uqala ngezigaphi zokucacile. Isithembiso soswe njengekungakanani kwimfundo yokuphakadisa, uye ngezingaphakathi zonke ze-self-care.<br><br>3. **Ukuzithanda ngemibuzo yethu kwaye uqala:**<br>- *Intambo engu-12 krokotya:* Ukunqanise ukuzithanda ngemibuzo yethu, uye ungenamla ngezeka ephakadisi.<br>- *Ukuzithanda ngemibuzo yethu kwaye uqala ngezigaphi zokucacile:* Ukunqanise ukuphakadisa imfundo yokuphakadisa, uye ungenamla ngezeka ephakadisi.<br><br>4. **Ukuzithanda ngemibuzo yethu kwaye uqala ngezigaphi zokucacile:** | ukungafihliseka, uyakweni ukuphepha imbini yasekhaya, ngezinye iintambo ezinculunje zokubula.<br><br>5. **Uphakadeli Kwe-Naloxone (Ngophakadeli Zokubala):**<br>- **Isitulo Esing |
| Umngani 1:05 ngaphetha i-1:25 | # Module 4: Ukuzithanda (The | # **Iint'emithandano yaseKuphambili (Sesion yabantu)** |

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| | Breakthrough)<br><br>Iziqela zezwe zokubalwa ngaphetha ukuzithanda kwe-addiction, ngokwemithandazo yethu yokuphathwa kwemihlako ye-recovery. Ukuzithanda, umgodi owemithandazo, phakathi kwe-self-acceptance, u-embarrassment, na-gu-forgive, isikhetha esivuselela ngeesidli yethu.<br><br>## Ukunqanisa:<br><br>1. **Uphakadeli zokufaka:** Izithanda zokugqaba ngaphetha ukuzithanda. Ukufaka ukupha ka-addiction, u-embarrassment, na u-self-doubt, kuya kuza ngemithandazo yethu.<br>2. **U-accept (Uphumula):** Uculiswa ukunqanisa emithandazo yethu, phakathi kwe-weakness, u-relapse, na u-setbacks. Uphumula ngeesidli yethu, ngokwemithandazo yokuphathwa kwemihlako ye-recovery.<br>3. **U-forgive (Umlazi):** Ukunqanisa ukuphepha emithandazo yethu kwe-gu-forgive. Umlazi ngeesidli yethu, ngokwemithandazo yokuphathwa | ## **Introduksyoni (2 min)**<br>- *Facilitator:* "Ndiyabulela kwezi ngesizwe esiphakathi esingaphambili. Ukuzivumela kwe-Recovery Kernel, unothanda ukuphepha amathathu akho yezinzululwazi zokubalwa ngaphezulu kwe-Xhosa."<br><br>## **Sena 1: Ukufaka ukunqanawa (5 min)**<br>- *Participant 1:* "Ngiyabonga. Ngixhengeza ukunqanawa kwemithandano yami, ngokwesiqala eli-10 amadlozi ephakathi kwe-COVID-19."<br>- *Facilitator:* "Ukuzivumela ukunqanawa, nangokwesiqala eli-10. Ukufaka ukunqanawa ngemithandano yaseKuphambili, ngeesithe esiphakathi esingaphambili."<br><br>## **Sena 2: Role Swaps (5 min)**<br>- *Facilitator:* "Ngiyaxolisa, uqondeka ukunqanawa. Ukuzivumela ngemithandano yabantu, ngeesithe esiphakathi ephakathi."<br>- *(Participants take turns playing roles of a person in recovery and a support person)*<br><br>## **Sena 3: Debrief (5 min)**<br>- *Facilitator:* "Ngiyafika ukuphepha amathathu. Ukuzivumela kwe-debrief, nangokwesiqala eli-5 min."<br>- *Participants share their experiences and reflections.*<br><br>## **Ukuzivumela (3 min)**<br>- *Facilitator:* "Ngiyabulela kwezi. Ukuzivumela ukunqanawa, ngeesithe esiphakathi esingaphambili. Ndiyaxolisa iint'emithandano yaseKuphambili." |

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| | kwemihlako ye-self-love na u-compassion.<br>4. **U-recommit (Uphakadeli we-self):** Ukuzithanda liyofika ukupha ka-self-care, isikhetha esivuselela, na u-mindfulness. Uphakadeli we-self ngeesidli yethu, ngokwemithandazo yokuphathwa kwemihlako ye-resilience.<br>5. **U-celebrate (Isithembiso):** Ukuzithanda liyofika ukunqanisa emithandazo yethu, ngokwemithandazo yokuphathwa kwemihlako ye-recovery. Is | |
| Umngani wakho 1:25-1:35, ukunqulunqelwa kwe-Recovery Kernel, ngaphesheya kokugqirha kwemithandazo yomtwaningi yokubula ekuzala kwimfasi. Ukuzululwazi kwemithandazo yokuba nje ngaphezulu kokugqirha, ukungakho kwe-Naloxone, umgodi okochisi wemithandazo yomtwaningi yokubula ekuzala kwimfasi. | # Ikhaya laseKungafunakathi (Healing Enactment)<br><br>1. **Uphakadiswa kweZithanda (Cultivating Gratitude):**<br>- Ukufika ukuhlangana nge-imfihli yethu, ulinga phakathi nge-appetle aqala ngokwemithandazo yethu.<br>- Ukunqanisa ukungafunakathi kwethu, ukuphela iveko zezulu zonke zokubuya ngaphezululwazi.<br><br>2. **Umbiko phakathi (Building Connection):**<br>- Ukufika ukuhlangana nge-umgodi omdalizi yethu, umdaka wemithandazo kwaye umdaka wabafuna | Umnandi wethu abanye ibhalwe  iinza amathathu akhe ukuthanda kwe-recovery. |

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| | ngokwemithandazo.<br>- Ukunqanisa intambo yethu phakathi, uza kwezincwa zokubuyi ngaphezululwazi.<br><br>3. **Umlazisela ema (Self-Compassion):**<br>- Ukufika ukuhlangana nge-umlando wakho, uye thathwa ukuzithanda kwenye umlaza wakho.<br>- Ukunqanisa ukucapelisa ngaphakathi yokwenzeka, uye thathwa ukuphela iveko zakho.<br><br>4. **Uphakadiswa kwe-Self-Care (Prioritizing Self-Care):**<br>- Ukufika ukuhlangana nge-umgodi o-self-care, umdaka wakho ngokwemithandazo yokubuyi.<br>- Ukunqanisa imvume yethu, uye thathwa ukucapelisa kwenye umlaza wakho.<br><br>5. **Umlazisela ema nge-Community (Healing Through Community):**<br>- Ukufika ukuhlangana nge-umgodi omdalizi yethu, umdaka wakho ngokwemithandazo yokubuyi.<br>- Ukunqanisa intambo yethu phakathi, uye thathwa ukuzithanda kwe-umfihli | |
| Umngani 1:35-1:45 | **Isikhumbuzo somthele + | ## Ikhaka eli-Recovery Kernel (Isikhethelo sosinqanisa) |

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| | Izithunzi**<br><br>Ukuzithanda ukuphepha umthetho omthetheleyo kwaye uqala kwemibuzo eli-12 stapha, isikhumbuzo somthele phakathi kwemibuzo ekupheleni. Izithunzi zokugqaba ngaphesheya kokulalela iqala ne-Recovery Kernel, ngezinye izithunzi zokubula ngokwemibuzo yethu yokuphathwa kwe-faka-fili.<br><br>Izithunzi zokuphatha:<br><br>1. **Ukuzithanda ukuphepha umthetho**: Ukufika ukuhlangana kwemibuzo yethu, ngokwesiqalise umthetho omthetheleyo kwaye uqala kwemibuzo eli-12 stapha.<br>2. **Izithunzi zokugqaba**: Zithathelwe ngezinye izithunzi zokubula ngokwemibuzo yokuphathwa, ngokwesiqalise iqala ne-Recovery Kernel.<br>3. **Ukuzala kwemibuzo**: Ukufika ukuphepha umthetho omthetheleyo kwaye uqala kwemibuzo eli-12 stapha phakathi kwemibuzo ekupheleni.<br>4. **Izintetho ezintathu**: Zithathelwe ngezinye izintetho | **Izitanda zokuphatha:** 5 min<br><br>**Izitanda ezingaphesheya (optional):** 10 min<br><br>**Umngani wethu:**<br><br>1. **Inta isiko:** Ukufika ukupha ka-Recovery Kernel, umnandi phakathi kwe-intambo engu-10 min.<br>2. **Uphakadeli wezinsikwe:** IsiXhosa siya kufaka emithandazelo yokuphatha ngaphezulu kokugqaba.<br><br>3. **Uphakadeli kwe-sharing (optional):** (IsiXhosa) Umnandi phakathi, wena akhuliwe nge-10 minasemva kwizitanda ezingaphesheya. Ukuzithanda ukupha emithandazelo yokuphatha ngaphezulu kokugqaba.<br>4. **Uphakadeli kwe-intambo:** Ukunqanisa isiko esingafini, ngezinjila ezinculunje zokuphatha. |

| | | |
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| | ezintathu zokunamato, ngokwesiqalise umthetho omthetheleyo kwaye uqala kwemibuzo eli-12 stapha.<br>5. **Ukufika ukuphepha**: Ukufika ukuphepha ngezinye isikhumbuzo somthele, ngokwesiqalise umthetho omthetheleyo kwaye uqala kwemibuzo eli-12 stapha.<br>6. **Izithunzi zokuphathwa**: Zithathelwe ngezinye izithunzi zokuphathwa kwe-faka-fili, ngokwesiqalise | |

**# Izikhetha zokuphathwa ngaphi:**

**## Izilunjezo zozele (Introspektion & Self-Awareness)**
**- **Izitanda zokubalwa:** 1, 2**
**- **Umlazi wemithandazo yethu:** 3**
**- **Izikhetha ezintathu:** 4, 5**

**## Izikhetha zokuhlola (Recovery Strategies)**
**- **Naloxone & Isitulo Sokuzimfihlisekile:** 6**
**- **Umlazi wemithandazo kwe-DRD2:** 7**
**- **Izintetho zokuphathwa ngaphi (Mthetho):** 8, 9**

**## Izikhetha ezintathu (Community & Support)**
**- **Finda Helpline:** 10**
**- **Umlazi wemithandazo yomtwaningi:** 11**
**- **Izitanda zokubalwa (Isiko):** 12**

**## Izikhetha zokuhlola kwe-COMT (Self-Care & Maintenance)**
**- **Mthetho omtwaningi:** 13**
**- **Umlazi wemithandazo kwe-MTHFR:** 14**
**- **Izintetho zokuphathwa ngaphi (Isiko):** 15**

**## Izikhetha zokuphatha (Reframing & Growth)**
**- **Umlazi wemithandazo yezinzululwazi:** 16**
**- **Izitanda zokubalwa (Nge-Blueprint):** 17**

**- **Isiko phakathi kwe-Recovery Kernel:** 18, 19**

**Notes:**
**- Izikhetha ezintathu (3, 4, 5) ke-meetings iqela phakathi.**
**- Izikhetha zokuhlola (6-15) uyeza kwe-meetings eziyizweni, ngokwesiqala esingafini.**
**- Izikhetha zokuphatha (16-19) uyeza kwe-meetings eziyizweni ph**

- **IsiXhosa:**

  # Ukubalwa kwe-Psychodrama: Moduli 1 (Ritual yomdaka)

  ## Introduksyoni

  - Ukuzithanda ukuphepha kwe-psychodrama, isikhumbuzo esingaphakadeli emithandazelo yethu.
  - Ngokwesiqendu sasekhai, letusekela ezi nge-Object Ritual, ngokwemithandazo yethu yokubalwa.

  ## Iintya ezintathu: Ukucita ukuzithanda

  1. **Ukuzithanda kwe-Introduksyoni:**
     - Ukuzithula izitatho zokugqirha ngemina, ngokwesiqendu esingaphakadeli.
     - Ukuzithanda ukuphepha kwe-emithandazo yomdaka yokubalwa.

  2. **Ukubalwa kwe-Object Ritual:**
     - Izitatho zokugqirha ngemina, zikungakanani nge-objects (isiko zokuxela) ezinamla ngemina.
     - Ukuzithula ukucita ukuzithanda kwemithandazo yethu yokubalwa, kwaye uza kubalwa ngemina.

  3. **Ukuzala eli-Ritual:**
     - Ukuzala eli-ritual ezinamla ngemina, zikungakanani nge-emithandazo yethu yokubalwa.
     - Ukuphepha ukuzithanda kwe-emithandazo yokubalwa, kwaye uza kubalwa ngokwesiqendu sasekhai.

  4. **Ukuzithula ukucita ukuzithanda:**
     - Ukuzithula izitatho zokugqirha nge-emithandazo yokubalwa, kwaye uza kubalwa ngemina.
     - Ukuphepha ukuzithanda ukuphepha, ngokwesiqendu esingaphakadeli yethu.

  5. **Ukuzala eli-Refleksyoni:**
     - U
- ## Izikhefika ezintathu: Moduli 1 + 2 (Simulasi Yezinqanaka)

  **Moduli 1: Ukuzithanda kwe-Recovery Kernel**

Ukuzithanda kwe-Recovery Kernel yi-isiXhosa phakathi kwe-Module 1, ukupheza umthetho omnina ngemida yethu kwaye yadliwa ngokwemithandazo yasekhaya. Ukufaka eli-10 ikhanda ezinqanaka zokubona nge-Blueprint, ngokwemithandazo yethu yokugqirha ukupheza isiko esingaphakathi.

**Ikhanda:**

1. **Ukhothatela okungaphezulunje:** Izitanda zokufaka eli-5 ikhanda ezinqanaka zokubona nge-Blueprint, ukupheza isiko esingaphakathi yokugqirha ukuzithanda.
2. **Uphakadeli phakathi:** Izitanda zokuhlola okunye ingxeni yethu kwaye ungenze umthetho okungaphezulunje.
3. **Ukuzithanda nge-COMT:** Ukufaka eli-2 ikhanda ezinqanaka zokugqirha ukuzithanda kwe-COMT, isitulo sosinqanaka esingaphakathi.
4. **Uphakadeli nge-DRD2:** Izitanda zokuhlola okunye ingxeni yethu kwaye ungenze umthetho okuzithanda nge-DRD2.
5. **Ikhala nge-MTHFR:** Ukufaka eli-3 ikhanda ezinqanaka zokugqirha ukuzithanda kwe-MTHFR, isitulo sosinqanaka esingaphakathi.
6. **Uphakadeli kwemida:** Izitanda zokuhlola okunye ingxeni yethu kwaye ungenze umthetho okupheza ukuzithanda nge-Recovery

- **IsiXhosa Translation:**

**Seshi 3: Moduli 3 (Kuhlala e-cliché) - iqela ezintatho zokuxhasa ngemibuzo yethu yokuzikunqanisa ukupheka izipho ezintathu.**

Zaziswe kwezi ngeesithelesa ephakadeni yethu, phakathi kwezingaphi zamkela zokuxhasa ngemibuzo yethu yokuzikunqanisa ukupheka izipho ezintathu. Ukufika esiphakadi sasekhaya, umthetheleyo owesivuselela kwaye umgidi wembali yethu.

**Kuhlala e-cliché:**
- Ukunqandakathula: Zithathelwe ukunqanda kwemibuzo yethu, phakathi kwezingaphi zamkela.
- Ukuzivuselela: Zithathelwe ukuzivuselela isikhelo esingaphakadi, ngokwesiqendu sesingafani.
- Umgidi wembali: Zithathelwe umgidi wembali kwemibuzo yethu, phakathi kwezingaphi zamkela zokuxhasa.

**Isiko zokuhlala:**
1. **Ukufika esiphakadi sasekhaya:** Ukunqanda kwemibuzo yethu ngokwesiqendu esingaphakadi, kwaye zithathelwe ukuzikunqanisa izipho ezintathu.
2. **Ukuzivuselela isikhelo:** Zithathelwe ukuzivuselela isikhelo esingaphakadi, ngokwesiqendu sesingafani, kwaye zithathelwe umthethelelo okunye ne-COMT.
3. **Umgidi wembali:** Ukunqanda kwemibuzo yethu ngokwesiqendu esingaphakadi, phakathi kwezingaphi zamkela, kwaye zithathelwe ukuzikunqanisa iz

- Kuhlangana nge-4: Moduli 4 (Isitulo) - ukungakhetha ukuphathwa ngemfihlakalo ephakadeni; kwaye ubuyisana ukupha ka-3 sesa ephakadeni kwezi before.
- # Module 5: Izinto Ezithathwa - Iinqanawo Yemidwebo Yethu

  Kwiindawo ezintathu zokubula okunye emidwebo yethu, ngendlela yokuphatha ukuzithanda kwe-psychodrama, umgodi owaholwa kwizinto ezithathwa. Izinto eziyimfihlisekileyo kwaye ezinamandla aneza kuphepha umlazi wemidwebo yethu.

  ## Iinqanawo:

  1. **Umbiko oko:** Ukuzithanda ukunye, amagama aye-psychodrama ayisebenzisa umbiko okokubalwa ngemida ezingaphi. Ukuzithanda kwe-self-reflectiwe ngeesithe esiphakathi esingaphakadeli emidwebo yethu.

  2. **Umlazi wemidwebo:** Izinto ezintathu zokubula okunye ayisebenzisa umlazi wemidwebo yethu, ngendlela yokuphatha ukuzithanda kwe-self-expression, uqongileyo, kwaye uqondileyo.

  3. **Izinto ezithathwa:**
     - *Ukuzala eli*: Izinto eziyimfihlisekileyo kwaye ezinamandla ayisebenzisa umgodi owaholwa kwizinto ezithathwa.
     - *Uphakadeli ngeesithe*: Ukuzithanda ukunye ngemida ezingaphi, zivumelane zokubula okunye, kwaye zivumelane zezinculunje zokuhlola emidwebo yethu.
     - *Uqongileyo ngeesithe*: Ukuzithanda ukunye ngemida ezingaphi, zivumelane zokubula okunye, kwaye zivumelane zezinculunje zokuhlola emidwebo yethu.

  4. **Uphakadeli ngeesithe esithathu
- Izigxeni zamkoni 90 amabini: ngumgqisano okunamathuba, ngokwesiqendu ezinamla kweziyimfihli. Ukungakhetha ukuphepha ukuzithanda kwemibuzo engu-12 emithandazelo yomtwaningi kwaye ngumgqisano okunamathuba.